



# Greater Bridgeport Region Service Directory for Diabetes and Cardiovascular Disease Patients



## SCREENING SERVICES

### Primary Care Physician's Offices

#### All Patient Care and Screening Services

**Info:** Primary care physicians are the first point of contact for preventative and screening services. Available primary care physicians in the Greater Bridgeport Region can be found at:

**Americares Free Clinics** • Call 203-333-9175

<http://www.americaresfreeclinics.org/clinics/bridgeport/>

**Bridgeport Hospital Primary Care** • Call 203-384-3235

<http://www.bridgeporthospital.org/findphysician>

**Optimus Health Care** • Call 203-696-3260

<http://optimushealthcare.org/contact/>

**Southwest Community Health Center** • Call 203-330-6000

<http://www.swchc.org/id20.html>

**St. Vincent's Family Health Center** • Call 1-877-255-7847

<http://www.stvincents.org/find-a-doctor>

### St. Vincent's Parish Nurse Program

#### Screening Services, Health Information, and Referrals

Nurses located at over 80 different churches across the region.

Call 203-576-5558 to see if your church has a Parish Nurse.

**Info:** Free. Nurse volunteers from area congregations provide health screenings, information and education to all members of their congregations.

### St. Vincent's Medical Center

#### Screening Services

Main Lobby - 2800 Main St, Bridgeport, CT 06606

Tuesdays & Wednesdays 11:30 AM – 3:30 PM

**Info:** Blood pressure (free), Blood glucose (\$1), and lipid panel (\$25).

Nurses review findings and help connect patients to resources based on results.

### Trumbull Health District

#### Cholesterol & Glucose Testing

335 White Plains Road, Trumbull, CT

Call 203-452-1030

**Info:** Screenings are \$25 and open to anyone. Screening is by appointment. Results and counseling are provided at time of the appointment.

## NUTRITION SERVICES

### Bridgeport Hospital - Nutrition and Wellness Center

#### Medical Nutrition Therapy

267 Grant Street, Bridgeport, CT 06610

Call 203-384-4553 • [Christina.conte@bpthosp.org](mailto:Christina.conte@bpthosp.org) and

[sarah.lombino@bpthosp.org](mailto:sarah.lombino@bpthosp.org)

**Info:** All insurances accepted. Free, monthly nutrition support group for diabetes available pending demand. Specific programs in diabetes and cardiovascular disease nutrition.

### ShopRite of Shelton

#### Registered Dietitian Free Nutrition Services

875 Bridgeport Avenue Shelton, CT 06484

Call 203-963-9234

**Info:** Registered Dietitian Jenna Hourani provides free nutrition services including individual consultations, grocery store tours, nutrition talks for your organization, and more! Services are open to all ages. Visit store Facebook page at <https://www.facebook.com/ShopRite.Shelton/>.

### Southwest Community Health Center

#### Medical Nutrition Therapy

968 Fairfield Avenue, Bridgeport, CT 06605

46 Albion Street, Bridgeport, CT 06605

743 South Avenue, Bridgeport, CT 06604

Call 203-330-6000 • Ask for appointment with Nutritionist

**Info:** All insurances accepted. Sliding scale to help self-pay patients. Must be established patients with Southwest. One-on-one counseling with a Certified Diabetes Educator.

### St. Vincent's Medical Center

#### Medical Nutrition Therapy

2800 Main Street, Bridgeport, CT 06606

Call 203-576-5930 • Email Karen Novak - [knovak@stvincents.org](mailto:knovak@stvincents.org)

**Info:** All insurances accepted and Certified Diabetes Educator on staff. One-on-one coaching.

### Get Healthy CT

#### Healthy Eating and Physical Activity Resources Online

**Info:** Need help finding healthy food or a place to exercise? Our website provides:

- Information about how to eat healthy and be physically active
- A searchable directory of local resources for healthy eating and physical activity
- A calendar of local events
- Monthly Health Features that provide information on topics such as "Walking, Hiking and Biking" or "Healthy Ethnic Cooking"
- Links to fitness websites and healthy websites

It's all coming together at [www.GetHealthyCT.org](http://www.GetHealthyCT.org)

## PREDIABETES & DIABETES EDUCATION

### **Bridgeport Hospital**

#### *Diabetes Self-Management Education*

267 Grant Street, Bridgeport, CT 06610  
Call 203-384-3672 • Private insurance  
Call 203-384-3235 • Gov't insurance  
Call 203-373-7388 • Private insurance at Trumbull Location  
Diane Sheehan - diane.sheehan@bpthosp.org  
Kristiane Proto – kristiane.proto@bpthosp.org  
**Info:** Private, Medicare, & Medicaid insurances accepted. No referral required, but check with insurance. One-on-one diabetes coaching.

### **YMCA Diabetes Prevention Program**

#### *Diabetes Prevention Program (DPP)*

Southeast Fairfield County  
Locations and classes follow demand  
Call 203-375-5844 ext. 2619 • Email Kelly -  
kvaughan@cccymca.org  
**Info:** Program may be reimbursed through insurance or sliding scale and financial assistance available for self-pay participants. Program is intended for people at risk of developing diabetes, no referral necessary. Focused on healthy eating, increased physical activity, and maintaining a healthy weight. For more info, visit:  
<http://www.cccymca.org/2015/06/12673/>

### **Husky Health Program**

#### *Diabetes Self-Management Education Workshop.*

**Locations:** Southwest Community Health Center at 46 Albion Street and Optimus Health Care at 64 Black Rock Avenue, Bridgeport. Call (203) 949-4028.  
**Info:** For Medicaid insurance. A 4-part nutrition education workshop for people living with diabetes.  
[www.huskyhealth.org/members/members/events.html](http://www.huskyhealth.org/members/members/events.html)

### **Southwestern Connecticut Agency on Aging**

#### *Diabetes Self-Management Program*

1000 Lafayette Blvd, Bridgeport, CT  
Call 203-333-9288 • or email Gretchen James at gjames@swcaa.org  
**Info:** Community based workshops for older adults and caregivers with diabetes. For more information and workshop locations, visit [www.swcaa.org](http://www.swcaa.org).

### **Fairfield Health Department**

#### *Diabetes Prevention Program (DPP) & Diabetes Support Group (DSG)*

725 Old Post Road, Fairfield, CT 06824  
For DPP call 203-256-3150 and ask for Health Educator For DSG call 203-384-8681 and ask for Courtney Sansonetti  
**Info:** Free, no referral required. DPP 16-week Program, DSG September – June. Limited availability for residents outside of Fairfield County, please call for additional information. For more info, visit:  
<http://www.fairfieldct.org/content/10726/11024/18280.aspx>

### **2-1-1 Connecticut**

#### *Diabetes Prevention Resources*

**Info:** Call directly for diabetes education, at 800-535-6781. Contact the Diabetes Prevention and Control Alliance for diabetes education and counseling at 800-237-4942. To search diabetes for more info, visit:  
<http://www.211ct.org/informationlibrary/Documents/DiabetesPrevention.asp>

## NATIONAL RESOURCES

### **American Diabetes Association**

Call 1-800-DIABETES (800-342-2383) • Call Monday – Friday 8:30 a.m. to 8:00 p.m. Eastern Time  
[www.diabetes.org](http://www.diabetes.org)

**Info:** Free credible information for Type 1 and Type 2 Diabetes. Free online chat and local resource directory included. Free recipes available with nutrition information. Free magazines, informational packets, e-newsletters, and personalized text messages with the “Living With Type 2 Diabetes Program.” English and Spanish resources available.

### **American Heart Association | American Stroke Association**

Call 1-800-AHA-USA1 (800-242-8721) or 1-800-4-STROKE (800-478-7653)  
Email [Review.personal.info@heart.org](mailto:Review.personal.info@heart.org)  
[www.heart.org](http://www.heart.org)

**Info:** Free credible information for the prevention and treatment of cardiovascular diseases and stroke. Local resources and activities available. Free online access to heart and stroke periodicals, Answers by Heart fact sheets, the latest research findings, an interactive Cardiovascular Library, and the Support Network. Download free toolkits and materials on healthy eating, physical activity, blood pressure management, workplace health, and more. English, Spanish, Chinese, and Vietnamese resources available.

For edits or enhancements to the directory, please contact Susan Castagna  
by telephone at 203-384-3946 or email [susan.castagna@bpthosp.org](mailto:susan.castagna@bpthosp.org)

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