



# 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 Patient Care Resource Center** • Call 475-210-7100

<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

Call 475-210-5076

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.

### Stratford Health Department

#### Cholesterol, Blood Sugar, and Blood Pressure Screening

468 Birdseye Street, Stratford CT 06615

(203) 385-4090

**Info:** Screenings are \$20.00. They open to the public and occur from 9:00 to 11:00 a.m. the *first* Wednesday of each month. Screening also includes BMI and waist circumference testing and a nutrition counseling session. Screening is by appointment only.

### Fairfield Health Department

100 Mona Terrace

Fairfield, CT

Santina Jaronko, Health Educator for the Fairfield Health

Department [sjaronko@fairfieldct.org](mailto:sjaronko@fairfieldct.org)

Call 203-256-3150

[Fairfieldct.org/health](http://Fairfieldct.org/health)

**Info:** Know Your Numbers Screening – The Fairfield Health Department offers free Know Your Numbers Screening where they check cholesterol, blood glucose, blood pressure, and body mass index (BMI). Please call 203-256-3150 or email Santina Jaronko [sjaronko@fairfieldct.org](mailto:sjaronko@fairfieldct.org) to make an appointment or for more information.

## NUTRITION SERVICES

### Bridgeport Hospital - Nutrition and Wellness Center

#### Medical Nutrition Therapy

267 Grant Street, Bridgeport, CT 06610

Call 203-384-4553 • [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.

### Optimus

982 East Main Street, Bridgeport, Marisol Diaz [mdiaz@opthc.org](mailto:mdiaz@opthc.org)

**Info:** Health promotion and disease prevention focused for patients with conditions not limited to: Hypertension, hyperlipidemia, diabetes, HIV, Hepatitis, weight management (bariatric surgery candidates), food allergies/dietary restricted and more. Clinical nutrition therapy provided to individual and groups (all ages). English/Spanish fluent. Diabetes care planning.

### 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

**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? 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 • Government 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.

### Fairfield Health Department

#### Diabetes and Chronic Disease Support Group and DPP

100 Mona Terrace

Fairfield, CT

Santina Jaronko, Health Educator [sjaronko@fairfieldct.org](mailto:sjaronko@fairfieldct.org)

Call 203-256-3150,

**Info:** Fairfield Health Department Diabetes and Chronic Disease Support Group, a free group that meets the second Tuesday of each month (not in July or August) from 1-2pm at the Bigelow Center for Senior Activities (100 Mona Terrace, Fairfield, CT). Diabetes Prevention Program (DPP) –a free diabetes prevention program for individuals who have been diagnosed with prediabetes or are at high risk for developing type 2 diabetes. This program meets over the course of one year, and individuals must meet eligibility requirements.

### 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/S.html](http://www.huskyhealth.org/members/members/events/S.html)

### Southwestern Connecticut Agency on Aging

#### Chronic Disease and Diabetes Self-Management Programs

1000 Lafayette Blvd, Bridgeport, CT

Call 203-333-9288 • or Cathy Grosshart

at [cgrosshart@swcaa.org](mailto:cgrosshart@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).

### 2-1-1 Connecticut

#### Diabetes Prevention Resources

**Info:** Call directly for diabetes education, at 800-535-6781. To search diabetes for more info, visit: <http://www.211ct.org/informationlibrary/Documents/DiabetesPrevention.asp>

## ADDITIONAL 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)

### American Heart Association | American Stroke Association

Call 1-800-AHA-USA1 (800-242-8721) or 1-800-AHA-USA-1 (800-242-8721)

Email [Review.personal.info@heart.org](mailto:Review.personal.info@heart.org), [www.heart.org](http://www.heart.org)

### Stratford Health Department

Kelley Meier at 203-385-4090 or [kmeier@townofstratford.com](mailto:kmeier@townofstratford.com)

Fresh Start – This is a free 5 week smoking cessation program developed by the American Cancer Society. This program helps smokers identify triggers and develop the skills they need to live a smoke free live.

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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