

# Extraordinary People

... personalized care

*"Jane is a credit to YVMC. I am a 25+ year type-1 diabetic. Jane is, by far, the most knowledgeable and personable diabetes professional I have met. Steamboat is fortunate to have a high level of quality health care and Jane is an example of your high standards." — A grateful patient*

*When diabetes creates concerns and questions, Jane educates about blood glucose monitoring, medications, insulin, stress management, preventing complications and more.*

*"The most important thing is to help patients gain autonomy over their diabetes by making healthy choices and having a healthy attitude. I want people to know that diabetes doesn't have to be a prison sentence – it can be manageable."*

**Jane Dickinson, RN, Ph.D., CDE**  
*Diabetes Education Program Director*

[www.yvmc.org](http://www.yvmc.org)

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**YAMPA VALLEY**  
MEDICAL CENTER