

**OUR MISSION:
COMFORT & EXCELLENCE IN DIABETES CARE**

Children and families deal with diabetes on a daily basis and need a supportive medical “home” with easily accessible leading-edge care. Our program offers:

- **An individualized management plan**
We use the latest technological advancements in diabetes treatment, including nutritional, psychological and social support for your child.
- **One-stop access to over 70 pediatric board-certified subspecialists**
As part of the Komansky Center — a full service children’s “hospital within a hospital” — we work closely with other pediatric specialists, as needed, to develop your child’s comprehensive care plan.
- **Screening and management of complications of diabetes**
- **Screening for development of diabetes for children at risk**



PRACTICE LOCATION

Pediatric Subspecialty Medical Practice
Helmsley Medical Tower
505 East 70th Street (at York Avenue)
Third Floor
New York, NY 10021

By subway: take the 6 train and walk four blocks east to York Avenue
By bus: take the M66 bus (running along 68th Street) east to York Avenue

APPOINTMENTS & REFERRALS

Tel: (212) 746-3462
Fax: (646) 962-0265

weillcornell.org/pedsendo
nyp.org/komansky



Pediatric Endocrinology

Pediatric Diabetes Program

Personalized
Care for
Your Child &
Your Family

We recognize that caring for children with diabetes is much more than glucose monitoring and insulin therapy. When a child has diabetes, it affects the whole family. Our approach aims at getting to know every child and family personally. We are a multidisciplinary team of physicians, nurses, nurse practitioners, certified diabetes educators, and registered dietitians dedicated to building and maintaining an individualized plan of diabetes care for every child and family.

Meet Our Team

Your child's care is carefully coordinated with our multidisciplinary medical team, giving you access to every resource we have available.

Zoltan Antal, MD
Director, Diabetes Program

Maria G. Vogiatzi, MD
Director of Endocrinology

Saroj Nimkarn, MD

Carey Reynolds, CPNP
Certified Pediatric Nurse Practitioner

Laurie Block, RD, CDE
Registered Dietitian, Certified Diabetes Educator

Doris Golub, RN, CDE
Registered Nurse, Certified Diabetes Educator

Pediatric Endocrine Fellows



State-of-the-Art Care

Diabetes care has changed dramatically with the invention of precise glucose meters, insulin pump therapy, and continuous real-time glucose sensors.

In-office measurement of hemoglobin A_{1c} values allows rapid assessment of long-term diabetes control, while sparing young patients unnecessary blood draws.

Our practice prides itself in using the latest technological advancements in diabetes care, including:

- Pump and meter-specific download software to analyze insulin delivery
- Continuous sensor-specific download software tools to analyze and interpret glucose sensor data
- Assessment of data uploaded to online software databases provided prior to office visits
- In-office HbA_{1c} measurement using new technologies

FOOD LAB – JUST FOR KIDS!

Our popular “Food Lab” is a monthly nutrition group session that uses an interactive, hands-on approach to carbohydrate counting. The Lab provides practical information while bringing children together in a peer group setting.

To join a Food Lab group or for more information, contact us at **212-746-3462**.

Nutrition Evaluation

Because our healthcare team recognizes the critical importance of nutrition and exercise in the management of diabetes, your family will meet individually with our Registered Dietitian and Certified Diabetes Educator (CDE). Our CDE will develop an individualized and effective nutritional plan for your child, consistent with food preferences, medical treatment, culture, and lifestyle. The nutrition evaluation includes:

- **Computer analysis** of current intake
- **Calorie and exercise guidelines** to help your child achieve or maintain an ideal body weight
- **Simple carbohydrate counting** methods to keep blood sugar levels in check
- **Effective strategies** for healthy eating in real-world, everyday settings
- **Comprehensive approach** to help your child reach his/her blood glucose goals



“WHILE THERE ARE INHERENT CHALLENGES IN DEALING WITH THIS OFTEN LIFELONG ILLNESS, I BELIEVE THAT EMPHASIZING FAMILY INVOLVEMENT, WHILE SIMULTANEOUSLY PROMOTING A CHILD’S INDIVIDUALITY, GROWTH, AND INDEPENDENCE, OFTEN RESULTS IN EXCELLENT OUTCOMES.”

Dr. Zoltan Antal, Director

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