



Joe McQueeney (right)  
with Lucy Gordon, RN,  
BSN, CDCES (left)

# “Littleton Regional Healthcare is my #1 choice for managing my Type II Diabetes!”

—*Joe McQueeney*

Thanks to Littleton Regional Healthcare, Joe McQueeney has been successfully managing his Type II Diabetes for more than a decade. “About 11 years ago, I just wasn’t feeling right,” says Joe. “Because of my job, traveling on the road, I wasn’t eating a healthy diet. I had some blood work done and found my A1C was around 6.6.” A normal A1C level is below 5.7, a level of 5.7 to 6.4 indicates prediabetes, and a level of 6.5 or more indicates diabetes.

So Joe decided to check out the Diabetes Self-Management Education Program at Littleton Regional Healthcare, where he met Ashley Wentworth, MS, RD, LD, LRH’s Registered Dietitian. “She really taught me about portion control and why I needed to consistently eat three meals during the day,” says Joe.

Littleton Regional Healthcare’s Certified Diabetes Care and Education Specialist Lucy Gordon, RN, BSN, CDCES, also played a big part in Joe’s success. “We find out what matters most to people, what goals they want to achieve, and then create an individualized program for each person,” says Lucy.

About a year ago, Joe attended a four-week education class and support group sponsored by Littleton Regional Healthcare. “The people there were all from all different walks of life with different personalities. But because we were all people with diabetes, we formed a very strong bond. Littleton Regional Healthcare has really changed my life and been a great help in keeping me healthy!”



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