



# Offers for people with diabetes and their relatives



**Dear fellow citizens,**

Diabetes mellitus is one of the most widespread diseases worldwide. In Germany alone, it is estimated that more than seven million people are affected. And the number of new cases continues to rise every year, also affecting more and more children and young people.

A Diabetes Guide for Heidelberg has now been put together for the first time to provide support in dealing with and living with the disease, but also to provide information on health promotion and prevention options. In addition to information on the subject of diabetes, this important guide for those affected as well as their relatives and other interested parties provides an overview of treatment and care services in Heidelberg. It also includes relevant counseling, training, and support services, as well as sports activities.

The guide was created by "DiabetesNetz Heidelberg", which emerged from the Rhine-Neckar District and Heidelberg Municipal Health Conference.

I would like to sincerely thank all those involved, especially the volunteer members, for their commitment. They are making an exemplary contribution to the further development of Heidelberg as a "Healthy City" as defined by the World Health Organization.

Sincerely

**Prof. Dr. Eckart Würzner**

Lord Mayor

# DiabetesNetz Heidelberg

DiabetesNetz Heidelberg is an association of representatives from St. Josef's Hospital in Heidelberg, Volkshochschule Heidelberg, Selbsthilfe Diabetiker Baden Württemberg e. V., the Rhine-Neckar District and Heidelberg Health Authorities and the City of Heidelberg.

It emerged from the Rhine-Neckar District and Heidelberg Municipal Health Conference and has set itself the goal of strengthening and promoting the health literacy of the population around the subject of diabetes mellitus, especially in the areas of health promotion and prevention as well as care.



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# Information on diabetes

## What is diabetes mellitus?

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The term diabetes or diabetes mellitus refers to a metabolic disease characterized by elevated blood sugar levels. Type 1 diabetes and type 2 diabetes are the most common forms.

### Type-1-diabetes

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In type 1 diabetes, the body's own immune system turns against the insulin-producing cells in the pancreas. This is why the body can no longer produce its own insulin with type 1 diabetes. A lifelong therapy is therefore necessary, mainly through the administration of insulin. In Germany, approximately 370,000 people live with type 1 diabetes, including about 32,000 children and adolescents. People with type 1 diabetes have to inject insulin right from the start in order to survive, because their bodies do not produce insulin. Therefore, they need the insulin for the rest of their lives. In this respect, it differs from type 2 diabetes, which progresses more slowly.

### Type-2-diabetes

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Around 90 percent of all people with diabetes suffer from type 2 diabetes. This was previously often referred to as "adult-onset diabetes," but it also occurs in children and adolescents as a result of obesity and low physical activity. This form of diabetes is marked by a reduced effect of insulin (insulin

resistance). Initially, there may be an overproduction of insulin, which eventually leads to a relative insulin deficiency. In Germany, there are currently more than 6 million people with diabetes. This is an increase of 38 percent since 1998, and there are almost 1,000 new cases every day. The basic therapy for people with type 2 diabetes is to improve their lifestyle. Important aspects in this context are a healthy diet and regular physical activity with the aim of increasing fitness. In addition, these people should stop smoking and reduce their alcohol consumption.

People with type 2 diabetes should eat a balanced and healthy diet. Nutritional counselling, for example, can be helpful. Overweight people with diabetes should reduce their weight by at least 10 percent to improve their metabolic situation. If the change in lifestyle is not enough, this treatment is supplemented with tablets. In the course of the disease, however, the insulin production of the pancreas decreases, which means that the insulin deficiency continues to progress in people with type 2 diabetes. The resulting changes in metabolism must then also be treated with insulin injections.

### **Type-3-diabetes (rare forms of diabetes)**

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The group of type 3 diabetes illnesses includes all causes of diabetes that cannot be classified as type 1 (insulin deficiency) or type 2 (loss of insulin action). The group of type 3 diabetes cases therefore includes very different diseases in which a diabetic metabolic illness occurs:

#### **1. Disease of the pancreas**

chronic pancreatitis (in flamed pancreas), cystic fibrosis, haemochromatosis. (iron storage disease)

#### **2. Inherited genetic defects of the beta cells**

MODY forms – impaired insulin secretion

#### **3. Diseases of the hormonal system**

Adrenal and thyroid diseases: Cushing's syndrome (excessive formation of the hormone cortisol), acromegaly (excessive formation of the growth hormone somatotropin), pheochromocytoma (hormonally active tumors, mostly from the adrenal medulla)

#### **4. Disease caused by therapy**

Corticosteroid therapy, neuroleptics, alpha-interferon, pancreas surgery

#### **5. Other genetic defects**

Defects in insulin action or mitochondrial DNA, Wolfram syndrome. (rare neurodegenerative disease)

#### **6. Rare forms of diabetes due to an autoimmune disorder**

Stiff person syndrome (neurological disease, mostly affecting the back and hip muscles), anti-insulin receptor antibodies

### **Type-4-diabetes (gestational diabetes )**

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Gestational diabetes is a type of diabetes that occurs during pregnancy. Normally, it disappears again after the birth of the child. However, both mother and child have an increased risk of developing type 2 diabetes in the course of their lives. The children are also more likely to become overweight

Every year, about 35,000 women are diagnosed with gestational diabetes. In the last 15 years, gestational diabetes has increased 4.5-fold





Women with gestational diabetes can treat it with medication, eat a healthy diet and exercise to regulate their blood sugar levels during pregnancy. Undetected gestational diabetes increases the risk of pre-eclampsia during pregnancy. Due to the high birth weight of the babies, birth injuries may also be more common during delivery. If you have already had gestational diabetes, your risk of getting it again in a later pregnancy increases to about 60 percent.

Gestational diabetes usually manifests itself between the 24<sup>th</sup> and 28<sup>th</sup> week of pregnancy.

The reason: pregnancy hormones, which are secreted more frequently in the second half of pregnancy, counteract insulin and thus inhibit its action. The pregnant woman therefore needs more insulin than usual.

During normal pregnancy, insulin secretion of the pancreas increases by up to four times the normal production. This is how the pancreas tries to meet the changed metabolic demands. When the body is no longer able to produce enough insulin, blood sugar levels rise and gestational diabetes develops.

## Comorbidities and secondary diseases

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### Comorbidities

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High blood pressure, diseases of the retina and increased blood lipids are among the most common comorbidities of diabetes type 1 and type 2. This is why you should visit your doctor regularly for check-ups to reduce your risk of secondary diseases associated with diabetes mellitus, and your doctor can detect existing diseases at an early stage. Often, secondary diseases also help in the early detection of type 2 diabetes.

### Secondary diseases

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Diabetes mellitus can lead to numerous secondary diseases. The likelihood of this is already increased in the preliminary stages of diabetes. It is also a fact that the first ten years of diabetes and the quality of blood sugar control determine the risk of secondary diseases. Therefore, it is important to recognise the metabolic disorder in time and to treat it optimally.

Depending on the duration of the disease, the long-term metabolic control and other risk factors such as family history, high blood pressure, lipid disorders or smoking, many people with

diabetes develop serious secondary diseases over time. These include coronary heart disease, heart failure, circulatory disorders of the brain, kidneys or legs.

The earlier diabetes is diagnosed and treated, the lower the risks for secondary diseases and for the occurrence of complications, which affect the cardiovascular system in particular.

A distinction is made between macroangiopathy, a disease of the large arteries in the brain, heart (coronary arteries) and legs, and microangiopathy, a disease of the smaller blood vessels with possible damage to the kidneys (nephropathy), the retinae of the eyes (retinopathy), the nerves (neuropathy), the brain and the heart muscle. For both forms of diabetic angiopathy, the duration of manifest diabetes, the quality of metabolic control and certain risk factors play an important role.

## Information on the Internet

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Further information, brochures, flyers and leaflets on diabetes care, prevention and health promotion can also be downloaded from the following websites:

**Diab, the diabetes information portal**

*[www.diabinfo.de](http://www.diabinfo.de)*

**The independent diabetes portal**

*[www.diabsite.de](http://www.diabsite.de)*

**Patient information**

(in several foreign languages and in simple language)

*[www.patienten-information.de](http://www.patienten-information.de)*

**DBW, Baden-Württemberg Diabetics Association**

*[www.diabetiker-bw.de](http://www.diabetiker-bw.de)*

**German Diabetes Aid**

*[www.diabetesde.org](http://www.diabetesde.org)*

**German Diabetics Association**

*[www.diabetikerbund.de](http://www.diabetikerbund.de)*

**German Diabetes Society**

*[www.deutsche-diabetes-gesellschaft.de](http://www.deutsche-diabetes-gesellschaft.de)*

**DZD, German Centre for Diabetes Research**

*[www.dzd-ev.de](http://www.dzd-ev.de)*

**German Nutrition Society**

*[www.dge.de](http://www.dge.de)*

**German Diabetes Federation**

*[www.ddf.de.com](http://www.ddf.de.com)*

## Care

## Diabetologists

According to Deutsche Diabeteshilfe, diabetologists are medical specialists who took the appropriate further training to qualify themselves in the field. They diagnose and treat all types of diabetes, carry out preventive examinations for secondary diseases and take care of diseases that are often closely related to diabetes, such as high blood pressure and extreme obesity.



### Specialist Group Medical Practice for Diabetology

Dr. Isabelle Adams and  
Dr. med. Sabine Schumacher-Herold

#### Address

Steubenstraße 52 – 54 and  
Handschuhsheimer Landstraße 55  
69121 Heidelberg

#### Contact

Phone +49 6221 392950  
mail@internistinnen-hd.de  
www.internistinnen-hd.de

#### Foreign languages spoken

English, French, Spanish

### Specialist Group Practice for Endocrinology, Diabetology and Nuclear Medicine

Dr. med. Caroline Schirpenbach  
Dr. Dr. med. Michael Mender  
Dr. med. Johanna Zemva  
Priv.-Doz. Dr. med. Gudrun  
Leidig-Bruckner

#### Address

Brückenstraße 21  
69120 Heidelberg

#### Contact

Phone +49 6221 439090  
info@raue-praxis.de  
www.endokrinologen-heidelberg.de

#### Foreign language spoken

English, Turkish, Russian

### Specialist group practice

Dr. med. Michael Freudenberg  
Internist and diabetologist DDG

#### Address

Heinrich-Fuchs-Straße 5  
69126 Heidelberg

#### Contact

Phone +49 6221 31350  
info@praxis-rohrbach-markt.de  
www.praxis-rohrbach-markt.de

#### Foreign language spoken

English

### Practice for Hormone and Metabolic Diseases Heidelberg Metabolic Centre

Prof. Dr. Per Humpert  
Prof. Dr. Michael Morcos  
Prof. Dr. Erhard Siegel  
MUDr. Virginia Kamvissi-Lorenz  
Dr. Dimitrios Oikonomou  
Dr. Cornelia Metzner

#### Address

Landhausstraße 25  
69115 Heidelberg

#### Contact

Phone +49 6221 416280  
heidelberg@swzrp.de  
www.stoffwechselzentrum-heidelberg.de

#### Foreign languages spoken

English, French, Greek





## Diabetes clinics

Diabetes clinics are specialised clinics where people suffering from diabetes are admitted as inpatients.

### **St. Josefs hospital DDG-certified diabetes centre**

#### **Address**

Landhausstraße 25  
69115 Heidelberg

#### **Contact**

Phone +49 6221 526406  
sek-gastroenterologie@  
st.josefskrankenhaus.de  
[www.st.josefskrankenhaus.de](http://www.st.josefskrankenhaus.de)

#### **Foreign language spoken**

English

### **Heidelberg University Hospital Department of Endocrinology, Metabolism and Clinical Chem- istry DDG-certified diabetes**

#### **Address**

Im Neuenheimer Feld 410  
69120 Heidelberg

#### **Contact**

Phone +49 6221 568787  
stoffwechsel@  
med.uni-heidelberg.de  
[www.klinikum.uni-heidelberg.de](http://www.klinikum.uni-heidelberg.de)

#### **Foreign language spoken**

English

## Gestational diabetes care

### Gestational diabetes care Specialist Group Practice for Endocrinology, Diabetology and Nuclear Medicine

Dr. med. Caroline Schirpenbach  
Dr. Dr. med. Michael Mendler  
Dr. med. Johanna Zemva  
Priv.-Doz. Dr. med. Gudrun  
Leidig-Bruckner

#### Address

Brückenstraße 21  
69120 Heidelberg

#### Contact

Phone +49 6221 439090  
info@raue-praxis.de  
[www.endokrinologen-heidelberg.de](http://www.endokrinologen-heidelberg.de)

#### Foreign language spoken

English, Turkish, Russian

### Specialist Group Medical Practice for Diabetology

Dr. Isabelle Adams and  
Dr. med. Sabine Schumacher-Herold

#### Address

Steubenstraße 52 – 54 and  
Handschuhsheimer Landstraße 55  
69121 Heidelberg

#### Contact

Phone +49 6221 392950  
mail@internistinnen-hd.de  
[www.internistinnen-hd.de](http://www.internistinnen-hd.de)

#### Foreign languages spoken

English, French, Spanish

### Diabetes outpatient clinic at Heidelberg University Hospital

Clinic Director  
Prof. Dr. Julia Szendrödi

#### Address

Im Neuenheimer Feld 410  
69120 Heidelberg

#### Contact

Outpatient Phone  
+49 6221 568787  
Office phone +49 6221 568605  
stoffwechsel@med.uni-heidelberg.de  
[www.klinikum.uni-heidelberg.de](http://www.klinikum.uni-heidelberg.de)

#### Foreign language spoken

English

### Practice for Hormone and Metabolic Diseases Heidelberg Metabolism Centre

Prof. Dr. Per Humpert  
Prof. Dr. Michael Morcos  
Prof. Dr. Erhard Siegel  
MUDr. Virginia Kamvissi-Lorenz  
Dr. Dimitrios Oikonomou  
Dr. Cornelia Metzner

#### Address

St. Josefskrankenhaus Heidelberg  
Landhausstraße 25  
69115 Heidelberg

#### Contact

Phone +49 6221 416280  
heidelberg@swzrp.de  
[www.stoffwechselzentrum-heidelberg.de](http://www.stoffwechselzentrum-heidelberg.de)

#### Foreign languages spoken

English, French, Greek

### St. Josef's Hospital DDG-certified Diabetes Centre Day Clinic

Clinic Director  
Prof. Dr. Erhard Siegel

#### Address

Landhausstraße 25  
69115 Heidelberg

#### Contact

Phone +49 6221 526406  
tagesklinik@st.josefskrankenhaus.de  
[www.st.josefskrankenhaus.de](http://www.st.josefskrankenhaus.de)

#### Foreign languages spoken

English, French

## Child and adolescent diabetes care

### Heidelberg University Hospital Centre for Paediatrics and Adolescent Medicine (Angelika Lautenschläger Clinic)

#### Address

Im Neuenheimer Feld 430  
69120 Heidelberg

#### Contact

Phone +49 6221 564002

### Diabetes Guides for children and adolescents

Specially trained contact persons  
for people with diabetes and their  
relatives

#### Contact

[www.deindiabetesguide.de](http://www.deindiabetesguide.de)

### DIAschulisch

Training programme for  
educators and teachers

#### Information for parents

#### Contact person

Anica Towae

#### Address

Karlstraße 49a  
76133 Karlsruhe

#### Contact

Mobile +49 176 46790610  
[diaschulisch@diabetiker-bw.de](mailto:diaschulisch@diabetiker-bw.de)  
[www.diabetiker-bw.de](http://www.diabetiker-bw.de)

#### Project manager

Reiner Hub

#### Contact

Phone +49 7941 61615  
[r.hub@diabetiker-bw.de](mailto:r.hub@diabetiker-bw.de)

## WoundCareCenter – Wound Care

As outpatient wound care center our specialist team is trained in wound care management, tending to and treating chronic and difficult to heal wounds professionally.

### WoundCareCenter Heidelberg

Isabel Tombarge

#### Address

Berthold- Mogel- Straße 1  
69126 Heidelberg

#### Contact

Phone +49 6221 7739746  
[isabel.tombarge@wundzentren.de](mailto:isabel.tombarge@wundzentren.de)  
[www.heidelberg@wundzentren.de](http://www.heidelberg@wundzentren.de)

#### Foreign language spoken

English

## Foot Clinics

Foot clinics are certified foot treatment facilities where an interdisciplinary team consisting of doctors with different specialisations, podiatrists, diabetes advisors and diabetes assistants as well as orthopaedic shoemakers treat patients with diabetic foot problems.



**!** In case of emergency, you can always call the foot emergency number:  
**Phone +49 180 3123406**

**Heidelberg University Hospital  
Department of Endocrinology,  
Metabolism and Clinical Chemistry DDG-certified foot clinic**

**Address**

Im Neuenheimer Feld 410  
69120 Heidelberg

**Contact**

Phone +49 6221 568787  
[www.klinikum.uni-heidelberg.de](http://www.klinikum.uni-heidelberg.de)

**St. Josef's Hospital DDG-certified  
foot treatment centre**

**Address**

Landhausstraße 25  
69115 Heidelberg

**Contact**

Phone +49 6221 526879  
[sek-gastroenterologie@st.josefskrankenhaus.de](mailto:sek-gastroenterologie@st.josefskrankenhaus.de)  
[www.st.josefskrankenhaus.de](http://www.st.josefskrankenhaus.de)

## Podiatrists

Podiatrists are state-certified specialists for medical foot care. Here, diabetics receive the necessary special treatments. Under certain conditions, the costs of medical foot treatment can be reimbursed, e. g. in the case of diabetic foot syndrome. Doctors can also order medical treatment for certain symptoms. In order for the costs to be covered, the practice must be licensed by the health insurance fund.

**Podologie Herger**

Petra Herger

**Address**

Kranichweg 11  
69123 Heidelberg

**Contact**

Phone +49 6221 4274945  
[mail@podologie-herger.de](mailto:mail@podologie-herger.de)

**Foreign language spoken**

English

**Podologie and Physiotherapy**

Hugo Schoeller

**Address**

Franz-Knauff-Straße 2 – 4  
69115 Heidelberg

**Contact**

Phone +49 6221 26382  
[hugo\\_schoeller@t-online.de](mailto:hugo_schoeller@t-online.de)  
[www.physiotherapie-schoeller.de](http://www.physiotherapie-schoeller.de)

**Foreign language spoken**

English

## Orthopaedic shoemakers

Orthopaedic shoemakers specialise in the manufacture of orthopaedic aids for the foot. With their specialist training and corresponding further training, they are qualified to correctly care for the feet of diabetics. They produce orthopaedic shoe inserts or custommade shoes to relieve pressure on the diabetic foot, in order to permanently prevent wound healing disorders or even amputations, especially in the case of high-risk feet.



### ComfOrtho Foot Centre Heidelberg

Axel Doppleb

#### Address

Gaisbergstraße 91  
69115 Heidelberg

#### Contact

Phone +496221 21781  
info@comfortho.de  
www.comfortho.de

#### Foreign language spoken

English

### Orthopädieschuhtechnik

Richard Fiedler

#### Address

Dossenheimer Landstraße 18a  
69121 Heidelberg

#### Contact

Phone +49 6221 436771  
fiedler@schuhtechnik-heidelberg.de  
www.schuhtechnik-heidelberg.de

### Maisch Orthopädie Technik Zentrum GmbH

#### Address

Im Schuhmachergewann 10  
69123 Heidelberg

#### Contact

Phone +49 6221 82020  
info@maisch-heidelberg.de  
www.maisch-info.de

### Orthopädieschuhtechnik Krieger

Holger Krieger

#### Address

Bahnhofstraße 47  
69115 Heidelberg

#### Contact

Phone +49 6221 23026  
holgerkrieger@gmx.de  
www.krieger-heidelberg.de

#### Foreign languages spoken

English, Italian, Romanian



# Courses and consultations

## Courses for diabetics

The courses provide important information, practical tips and applications on the subject of diabetes mellitus. Among other things, the courses focus on proper nutrition and blood sugar control. Participation in the courses, to which every patient is entitled, should enable those affected to master their everyday life independently and to deal with their disease in the best possible way.





**Heidelberg University Hospital  
Department of Endocrinology,  
Metabolism and Clinical Chem-  
istry DDG-certified diabetes  
centre**

**Address**

Im Neuenheimer Feld 410  
69120 Heidelberg

**Contact**

Phone +49 6221 568787  
stoffwechsel@med.uni-heidelberg.de  
[www.klinikum.uni-heidelberg.de](http://www.klinikum.uni-heidelberg.de)

**Foreign language spoken**

English

**Specialist Group Practice for  
Endocrinology, Diabetology and  
Nuclear Medicine**

Dr. med. Caroline Schirpenbach  
Dr. Dr. med. Michael Mendler  
Dr. med. Johanna Zemva  
Priv.-Doz. Dr. med. Gudrun  
Leidig-Bruckner

**Address**

Brückenstraße 21  
69120 Heidelberg

**Contact**

Phone +49 6221 439090  
info@raue-praxis.de  
[www.endokrinologen-heidelberg.de](http://www.endokrinologen-heidelberg.de)

**Foreign language spoken**

English, Turkish, Russian

**Diabetes counselling**

Dr. med. Michael Freudenberg  
DDG Diabetologist

**Address**

Heinrich-Fuchs-Straße 5  
69126 Heidelberg

**Contact**

Phone +49 6221 31350  
info@praxis-rohrbach-markt.de  
[www.praxis-rohrbach-markt.de](http://www.praxis-rohrbach-markt.de)

**St. Josef's Hospital  
DDG-certified Diabetes Centre  
Day Clinic**

**Address**

Landhausstraße 25  
69115 Heidelberg

**Contact**

Phone +49 6221 526406  
tagesklinik@st.josefskrankenhaus.de  
[www.st.josefskrankenhaus.de](http://www.st.josefskrankenhaus.de)

**Specialist Group Medical  
Practice for Diabetology**  
Dr. Isabelle Adams and  
Dr. med. Sabine Schumacher-Herold

**Address**

Steubenstraße 52 – 54 and  
Handschuhsheimer Landstraße 55  
69121 Heidelberg

**Contact**

Phone +49 6221 392950  
mail@internistinnen-hd.de  
[www.internistinnen-hd.de](http://www.internistinnen-hd.de)

**Foreign languages spoken**

English, French and Spanish

## Nutritional consultation

Eating right plays a central role in the treatment of diabetes. This is why it is important that those affected are well informed. Nutrition counsellors provide relevant information, advice and support in changing eating habits.



### Heidelberg University Hospital Department of Endocrinology, Metabolism and Clinical Chemistry DDG-certified diabetes centre

#### Address

Im Neuenheimer Feld 410  
69120 Heidelberg

#### Contact

Phone +49 6221 568787  
stoffwechsel@med.uni-heidelberg.de  
[www.klinikum.uni-heidelberg.de](http://www.klinikum.uni-heidelberg.de)

#### Foreign language spoken

English

### Individual diet counselling

Rebecca Steiner

#### Address

Schröderstraße 31  
69120 Heidelberg

#### Contact

Phone +49 176 16818218  
r.steiner@dr-ambrosius.de  
[www.dr-ambrosius-rheinneckar.de](http://www.dr-ambrosius-rheinneckar.de)

#### Foreign languages spoken

English, French

### Fortuna Pharmacy Heidelberg

Jochen Völker

#### Address

Kurfürstenanlage 36  
69115 Heidelberg

#### Contact

Phone +49 6221 585070  
info.heidelberg@apothekefortuna.de  
[www.fortuna-apotheke-heidelberg.de](http://www.fortuna-apotheke-heidelberg.de)

#### Foreign languages spoken

English, Russian

### Diet therapie & counselling

Cristina Witthöft

#### Address

Furtwänglerstraße 40  
69121 Heidelberg

#### Contact

Phone +49 6221 1368993  
info@  
ernaehrungsberatung-heidelberg.de  
[www.ernaehrungsberatung-heidelberg.de](http://www.ernaehrungsberatung-heidelberg.de)

#### Foreign languages spoken

Romanian, English

### Holistic health coaching

Daniela Dittler

#### Address

Hans-Thoma Straße 33  
69121 Heidelberg

#### Contact

Phone +49 170 1646319  
dittler@gesundheitscoach-  
heidelberg.com  
[www.gesundheitscoach-heidelberg.com](http://www.gesundheitscoach-heidelberg.com)

## Pharmacies focusing on diabetes

These pharmacies offer advice on diabetes-related issues.



### Stadtmarkt Pharmacy

Dr. Rogério Keil

#### Address

Im Weiher 14  
69121 Heidelberg

#### Contact

Phone +49 6221 5029790  
apotheke-im-stadtmarkt@  
heidelberg-vital.de  
[www.oststadt-apotheke.de](http://www.oststadt-apotheke.de)

#### Foreign language spoken

English

### Römer Pharmacy

Dr. Christian Schreck

#### Address

Römerstraße 58  
69115 Heidelberg

#### Contact

Phone +496221 28534  
roemer-apotheke-hd@t-online.de  
[www.roemer-apotheke-hd.de](http://www.roemer-apotheke-hd.de)

#### Foreign languages spoken

English, French, Spanish

### Fortuna Pharmacy Heidelberg

Jochen Völcker

#### Address

Kurfürstenanlage 36  
69115 Heidelberg

#### Contact

Phone +496221 585070  
info.heidelberg@apothekefortuna.de  
[www.fortuna-apotheke-heidelberg.de](http://www.fortuna-apotheke-heidelberg.de)

#### Foreign languages spoken

English, Russian

### Rosen Pharmacy an der Tiefburg

Stefan Keidel

#### Address

Dossenheimer Landstraße 8  
69121 Heidelberg

#### Contact

Phone +496221 480800  
info@rosenapotheke-heidelberg.de  
[www.rosenapotheke-heidelberg.de](http://www.rosenapotheke-heidelberg.de)

#### Foreign languages spoken

English, French, Spanish

### Hasenleiser Pharmacy

Micha Lea Schutz-Krause

#### Address

Freiburger Straße 21 – 23  
69126 Heidelberg

#### Contact

Phone +49 6221 303210  
info@hasenleiser-apotheke.de  
[www.hasenleiser-apotheke.de](http://www.hasenleiser-apotheke.de)

#### Foreign languages spoken

English, Russian, Romanian

## Psychological counselling

Psychologists who have undergone further training can advise and support those affected in the everyday challenges that a chronic disease such as diabetes entails.

**Heidelberg University Hospital  
Department of Endocrinology,  
Metabolism and Clinical  
Chemistry DDG-certified  
diabetes centre**

**Address**

Im Neuenheimer Feld 410  
69120 Heidelberg

**Contact**

Phone +49 6221 568787  
stoffwechsel@med.uni-heidelberg.de  
www.klinikum.uni-heidelberg.de

**Foreign language spoken**

English

**Diabetes Centre  
St. Josef's Hospital**

Dr. med. Edzard Schmidt  
DGG Psychologist

**Address**

Landhausstraße 25  
69115 Heidelberg

**Contact**

Phone +49 6221 526406  
tagesklinik@st.josefskrankenhaus.de

**Freiraum Andrea Koch  
Psychological counselling,  
Diabetes Coaching**

**Address**

Märzgasse 14  
69117 Heidelberg

**Contact**

Phone +49 179 7664397  
beratung@ak-freiraum.de  
www.ak-freiraum.de

## Self-help groups

In self-help groups, people with the same concerns, for example a chronic disease, come together to exchange ideas and to strengthen and support each other. They are self-organised and voluntary associations.



**Heidelberg Self-Help Office**

**Address**

Alte Eppelheimer Straße 40/1  
69115 Heidelberg

**Contact**

Phone +49 6221 184290  
info@selbsthilfe-heidelberg.de  
www.selbsthilfe-heidelberg.de

**SHG**

**"Parent s of diabetic children"**

**Contact**

Ulrike Gerhard  
u.gerhard@uni-heidelberg.de

**Information also available from**

Dorothee Schulz  
Phone +49 6221 602156  
d.sch.hd@t-online.de



**DBW Diabetiker Baden-Württemberg e. V.**

HD Diabetics Meeting  
Dorothee Schulz

**Contact**

Phone +49 6221 602156  
d.sch.hd@t-online.de  
*www.diabetiker-bw.de*

**Contact person**

Christine Comtesse  
Phone +49 6221 410046  
chcomtesse@t-online.de

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Bettina Butzke  
Phone +49 6203 961665  
b.butzke@diabetiker-bw.de  
*www.diabetiker-bw.de*

**Obesity-associated diabetes mellitus Heidelberg Obesity Self-Help Group**

p. p. Petra Eberle

**Contact**

Phone +49 1520 5323407  
info@shg-heidelberg-adipositas.com

**Foreign languages spoken**

English, French

**Working Group of Pancreatectomised Persons (AdP)**

**Contact**

Andrea Raih  
adp-heidelberg@adp-bonn.de  
Andrea Wiemer  
Phone +49 1525 2800948  
*www.bauchspeicheldruese-pankreas-selbsthilfe.de*

# Sport and recreation

## Diabetes rehabilitation sport

Participation in a rehabilitation sport programme must be prescribed by a doctor. The doctor will recommend the appropriate type of sport and formulate the rehabilitation goal. Qualified rehabilitation sport offers as well as the question of cost coverage can be asked at the responsible health insurance company.

**STZ Sports Therapy  
Training Centre  
Training Planning for Diabetics**  
Henning Plum

**Address**

Im Weiher 12  
69121 Heidelberg

**Contact**

Phone +49 6221 470266  
info@stz-heidelberg.de  
www.stz-heidelberg.de

**Foreign language spoken**  
English

## Holiday camps for children, adolescents and young adults with type 1 diabetes

In various sports camps, children, adolescents and young adults learn how to manage their diabetes under extraordinary conditions and strengthen their selfconfidence.





**2-week Diabetes Training Camp  
CJD Berchtesgaden – Diabetes  
Centre**

Michael Lohner

**Address**

Buchenhöhe 46  
83471 Berchtesgaden

**Contact**

Phone +49 8652 6000128  
michael.lohner@cjd.de  
[www.cjd-berchtesgaden.de](http://www.cjd-berchtesgaden.de)

**Age**

Children and adolescents

**CampD  
Novo Nordisk Pharma GmbH**

Christina Maruhn

**Contact**

Phone +49 6131 9031391  
camp-d@novonordisk.com  
[www.campd.info](http://www.campd.info)

**Age**

16 from to 25 years

**Foreign language spoken**

English

**Leisure program**

DBW Office

**Contact**

Phone +49 721 68078640  
info@diabetiker-bw.de  
[www.diabetiker-bw.de](http://www.diabetiker-bw.de)

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## **Office for Sport and Health Promotion**

### **City of Heidelberg**

Tiergartenstraße 13/1  
69121 Heidelberg

Phone +49 6221 5134401

Fax +49 6221 402263

[sportamt@heidelberg.de](mailto:sportamt@heidelberg.de)

[www.heidelberg.de](http://www.heidelberg.de)