

Heidelberg



Diabetes Guide

Offers for people with diabetes
and their relatives

www.heidelberg.de





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

A handwritten signature in blue ink, reading "Eckart Würzner". The signature is fluid and cursive, written in a professional style.

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?

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

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

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)

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)

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 th and 28 th 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

Comorbidities

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

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

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

The independent diabetes portal

www.diabsite.de

Patient information

(in several foreign languages and in simple language)

www.patienten-information.de

DBW, Baden-Württemberg Diabetics Association

www.diabetiker-bw.de

German Diabetes Aid

www.diabetesde.org

German Diabetics Association

www.diabetikerbund.de

German Diabetes Society

www.deutsche-diabetes-gesellschaft.de

DZD, German Centre for Diabetes Research

www.dzd-ev.de

German Nutrition Society

www.dge.de

German Diabetes Federation

www.dfd.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 Abbasi-Neureither 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

Medical Practice for Diabetology Heidelberg Group Medical Practice for Endocrinology

Dr. Florian Beiglböck
Dr. Angela Lorenz

Address

Brückenstraße 21
69120 Heidelberg

Contact

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

Foreign language spoken

English

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
Dr. Florian Feier
Dr. Dimitrios Oikonomou
Dr. Cornelia Metzner

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 416280
heidelberg@swzrp.de
www.stoffwechszentrum-
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
Fax +49 6221 526885
sek-gastroenterologie@
st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

Foreign language spoken

English

Heidelberg University Hospital Department of Endocrinology, Metabolism and Clinical Chemistry 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

Foreign language spoken

English

Gestational diabetes care

Gestational diabetes care

Heidelberg Group Practice
for Endocrinology

Address

Brückenstraße 21
69120 Heidelberg

Contact

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

Foreign language spoken

English

Specialist Group Medical Practice for Diabetology

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mail@internistinnen-hd.de
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

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
Dr. Florian Feier
Dr. Dimitrios Oikonomou
Dr. Cornelia Metzner

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Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 416280
heidelberg@swzrp.de
www.stoffwechszentrum-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
Fax +49 6221 526885
tagesklinik@st.josefskrankenhaus.de
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

Self-help

Hilfe zur Selbsthilfe e. V. Help and advice - nationwide

DBB Diabetes Guide, Gudrun John

Contact

Phone +49 2388 307257
chronisch_krank@t-online.de
www.shg-hilfe-zur-selbsthilfe.de

Diabetes Guides for children and adolescents

Specially trained contact persons
for people with diabetes and their
relatives

Contact

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
www.diabetiker-bw.de

Project manager

Reiner Hub

Contact

Phone +49 7941 61615
r.hub@diabetiker-bw.de

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 Chem- istry DDG-certified foot clinic

Address

Im Neuenheimer Feld 410
69120 Heidelberg

Contact

Phone +496221 568787
www.klinikum.uni-heidelberg.de

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

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 526879
Fax +49 6221 526885
sek-gastroenterologie@
st.josefskrankenhaus.de
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

AddressKranichweg 11
69123 Heidelberg**Contact**Phone +49 6221 4274945
mail@podologie-herger.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

Orthopädie-Schuhtechnik Ihrig

Wolfgang Ihrig

Address

Rohrbacherstraße 81
69115 Heidelberg

Contact

Phone +49 6221 23559
info@ihrig-heidelberg.de
www.ihrig-heidelberg.de

Foreign language spoken

English

Orthopädie Schuhtechnik

Richard Fiedler

Address

Dossenheimer Landstraße 18 a
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

Orthopädie-Schuhtechnik Vilgis

Holger Krieger

Address

Kleinschmidtstraße 5
69115 Heidelberg

Contact

Phone +49 6221 23026
holgerKrieger@gmx.de
www.vilgis-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

Foreign language spoken

English

Diabetes Schulungsverein e. V. Heidelberg

Dr. med. Florian Beiglböck

Address

Brückenstraße 21
69120 Heidelberg

Contact

Phone +49 170 4980854
info@diabetes-schulungsverein-
heidelberg.de
[www.diabetes-schulungsverein-
heidelberg.de](http://www.diabetes-schulungsverein-
heidelberg.de)

Foreign language spoken

English

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

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

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 526406
Fax +49 6221 526885
tagesklinik@st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

Specialist Group Medical Practice for Diabetology

Dr. Isabelle Abbasi-Neureither 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 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

Foreign language spoken

English

Individual diet counselling

Caroline Ackermann

Address

Im Hasenleiser 3
69126 Heidelberg

Contact

Phone +49 6221 1866465
c.ackermann@dr-ambrosius.de
www.dr-ambrosius-rheinneckar.de

Foreign languages spoken

English, French and Italian

Fortuna Pharmacy Heidelberg

Jochen Völker

Address

Kurfürstenanlage 36
69115 Heidelberg

Contact

Phone +49 6221 585070
Fax +49 6221 5850710
info.heidelberg@apothekefortuna.de
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

Foreign languages spoken

Romanian, English

Holistic health coaching

Daniela Dittler

Address

Gaisbergstraße 16
69121 Heidelberg

Contact

Phone +49 170 1646319
dittler@gesundheitscoach-
heidelberg.com
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

Foreign language spoken

English

Römer Pharmacy

Dr. Christian Schreck

Address

Römerstraße 58
69115 Heidelberg

Contact

Phone +496221 28534
Fax +49 6221 182740
roemer-apotheke-hd@t-online.de
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
Fax +496221 5850710
info.heidelberg@apothekefortuna.de
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
Fax +49 6221 410051
info@rosenapotheke-heidelberg.de
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
Fax +49 6221 393309
info@hasenleiser-apotheke.de
www.hasenleiser-apotheke.de

Foreign languages spoken

English, Russian, Romanian

Schwan Pharmacy Heidelberg

Ivanka Stolte

Address

Hauptstraße 176
69117 Heidelberg

Contact

Phone +49 6221 22487
schwan-apo@web.de
www.die-schwan-apotheke.de

Foreign languages spoken

English, French, Spanish, Italian,
Russian, Croatian, Dutch

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
 Fax +49 6221 526885
 tagesklinik@st.josefskrankenhaus.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

"Parents 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

Address

Ortenauer Straße 18
69126 Heidelberg

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

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

Address

Goethestraße 24
67269 Grünstadt

Contact

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

Foreign languages spoken

English, French

Working Group of Pancreatectomised Persons (AdP)

Contact

Hans Berg
Phone +49 6252 796890
adp.berg@web.de
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.

Association for Health Sports and Sports Therapy Heidelberg

Dr. Mahmoud Monem

Address

Im Neuenheimerfeld 710
(Room 236)
69120 Heidelberg

Contact

Phone +49 6221 7288203
info@gus-heidelberg.de
www.gus-heidelberg.de

Foreign languages spoken

English, Arabic

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.



Diabetes Competenc Recreation

Gudrun John

Contact

Phone +49 2388 307257
chronisch_krank@t-online.de
www.shg-hilfe-zur-selbsthilfe.de

Age

2 – 6 years (accompanied by a parent;
accompaniment by siblings possible)

2-week Diabetes Training Camp CJD Berchtesgaden – Diabetes Centre

Tom Krieger

Address

Buchenhöhe 46
83471 Berchtesgaden

Contact

Phone +49 8652 6000-141
akademie-bayern@cjd.de

Age

Children and adolescents

CampD Novo Nordisk Pharma GmbH

Christina Maruhn

Contact

Phone +49 6131 9031391
camp-d@novonordisk.com
www.campd.info

Age

16 from to 25 years

Foreign language spoken

English

Sailing camp at Lake Constance

DBW Office

Contact

Phone +49 721 68078640
info@diabetiker-bw.de
www.diabetiker-bw.de

Age

3 – 17 years
(possibility of accompaniment
by siblings)

Diabetes Riding Camp Kinderkrankenhaus St. Marien gGmbH

Karl Florian Schettler

Address

Grillparzerstraße 9
84036 Landshut

Contact

Phone +49 871 8520
info@diabetesridingcamp.de
www.diabetesridingcamp.de

Age

12 – 16 years

KSC diabetes football camp

DBW Office

Contact

Phone +49 721 68078640
info@diabetiker-bw.de
www.diabetiker-bw.de

Age

8 – 15 years
(possibility of accompaniment by
parents and/or siblings)

Foreign language spoken

English

List of sources

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