

# DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

2018

*Classes should be completed within 1 calendar year, You can sign up for 2/yr thereafter*

## Session A (Lisa) DIABETES SELF-MANAGEMENT:

A review of what are Diabetes 1 and Diabetes 2 ,  
"The "how to" to taking care of yourself with Diabetes; A review of medications and labs,  
monitoring methods, target goals: what should your blood sugars be?

## Session B (Wendy) YOU AND YOUR DIET :

A review of one's diet and how it can make a difference in diabetes control.  
Learn how to carbohydrate count, read labels and develop a meal plan  
Learn the difference between carbohydrates, why we need them and how to work them

## Session C (Wendy) CARBOHYDRATE COUNTING AND PERSONALIZING YOUR DIET:

Learn how to manage the nuts and bolts of diet.. Learn about Glycemic Index and how it  
can affect your blood sugars. Review the role of fiber and how to read labels

## Session D (Lisa): CONTROLLING YOUR BLOOD SUGARS

An important review of what to do when you get sick. How to manage  
Your medications and diet. What to look for, when to call the doctor.  
A review of how to treat high and low blood sugars.  
Review exercise guidelines for your diabetes management plan.

## Session E (Lisa): LONG-TERM COMPLICATIONS

Review how to prevent diabetes complications.  
We will review what diabetes complications are and what we can do to prevent  
problems down the road.

## Session F (Wendy) STAYING IN BALANCE

Cholesterol, cardiac risk reduction, role of exercise and how to dine out with Diabetes.

## Session G (Lisa/Wendy): COPING WITH DIABETES

Stress is a part of everyone's life. Learn techniques for handling stress in a healthy way.  
Resources you can use to help you manage your diabetes.

<u>Tuesday 6-7 PM</u>				<u>THURSDAY 10AM - 11AM</u>			
10/2	A	10/30	E	10/4	B	11/1	E
10/9	B	11/6	F	10/11	A	11/8	F
10/16	C	11/13	G	10/18	C	11/15	G
10/23	D			10/25	D		