

2019 DIABETES SELF-MANAGEMENT TRAINING PROGRAM (DSMT)

*Learn how YOU can participate in your Diabetes Management. Diabetes Self-management training will enable you to be a confident and capable team member in the management of your diabetes!
Limited space: Sign up today!*

Session A: How to Best Manage Your Diabetes

November 5, 2019 6-7pm (Lisa)

A review of Diabetes 1 vs. Diabetes 2

“The how to” of taking care of yourself with Diabetes. A review of medications, labs, Monitoring methods, target goals

Controlling your Blood Sugars

When to call the doctor; what to look for and what to do if you get sick

What to do when and how to treat high or low blood sugars i.e. food, medication

What supplies to keep on hand in emergency i.e. severe weather or situation crisis?

Guidelines for exercise in your diabetes program

Acute and Long-term complications: How to prevent and/or treat **Nov. 12 7-8 pm Lisa**

An overview review possible long term complications of diabetes.

A review how to prevent, detect and treat complications of the eyes, feet, dental and kidney

Learn how to manage life’s stress better to improve your health and well-being

Session B: Healthy Lifestyle and Healthy Eating

November 5, 2019 7-8pm

Protein, fats, and carbohydrates; how to best balance your diet. Carbohydrates: good or bad?

Wendy

Glycemic Index and how it can help you keep your blood sugars in control.

Learn how to carbohydrate count and read labels. Shopping tips/lists.

Types of fiber and its role in blood management.

Meal planning, exchange lists, target carbohydrate diets. Supplements: yes or no?

Staying in Balance

November 12, 2019 6-7pm

Learn the facts about Cholesterol and how to reduce your cardiac risk factors

Wendy

Review how exercise fits into your diabetes management plan.

Learn dining out strategies that work.

Stress management: Learn techniques for handling stress in your everyday life.

November 5, 2019 6-8 pm

November 12, 2019 6-8 pm

Please call 516 327 0850 to register for classes. Classes are open to practice and non-practice patients with Diabetes, prior authorization with a prescription.