

Other services offered by Diabetes Education per physician order include:

INSULIN INSTRUCTION



For more information on class times, enrollment, and insurance, please call the Diabetes Educator at **620-343-6800, ext. 1803.**

Do you have any of these risk factors?

- Family History
- Obesity or Overweight
- High Blood Pressure
- Physically Inactive
- Diabetes During Pregnancy

DIABETES EDUCATION



GLUCOMETER TEACHING



NEWMAN

REGIONAL HEALTH

Diabetes Education is just one of the quality services provided by Newman Regional Health. For more information on one of our many services, please visit our web site at www.newmanrh.org.

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NEWMAN

REGIONAL HEALTH

DIABETES EDUCATION PROGRAM

Diabetes is a lifelong condition in which the body is unable to control the level of sugar in the blood. Normally the hormone insulin regulates the blood sugar level. In a person with diabetes, the body does not produce or properly use insulin which is needed to convert sugar and starches into energy.

Most diabetes patients can be managed with a balance of:

- Healthy eating
- Exercise and activity
- Medication

The **Diabetes Education Program** at Newman Regional Health is designed to provide education in a supportive environment that will help people with diabetes and their support person manage their diabetes for optimum health.

Upon referral from your physician, the program includes an initial assessment with a diabetes educator. **Classes** are offered on a monthly basis. A 3 month follow-up is provided to review goals, lab values, and discuss healthy eating and answer patient questions.



The **Diabetes Education Team** is made up of professionals who have additional education in diabetes management. These individuals may include:

- Registered Nurse
- Registered Dietitian
- Certified Diabetes Educator
- Registered Pharmacist
- Your own personal Physician

TOPICS DISCUSSED IN THE PROGRAM:

DIABETES OVERVIEW

- Definition of This Disease
- Complications, Prevention, and Treatment

LIFESTYLE MODIFICATIONS

- Nutrition
- Exercise
- Stress Management

MEDICATION

- Types of Medications
- Action, Purpose, and Side Effects

MONITORING AND USE OF RESULTS

- Self-Monitoring Blood Sugars
- Equipment Usage
- Frequency and Timing
- Sick Day Guidelines

FOOT, SKIN, and DENTAL CARE

GOAL SETTING



Comments from our participants include, “The education and support provided by Newman Regional Health changed my life and gave me hope,” and “The class was very helpful and I learned a lot. The educators were very patient with me and answered all my questions.”

To **enroll in the program**, a referral from your physician is needed. Many insurance companies are now paying for Diabetes Education Programs if ordered by a physician.

The Newman Regional Health Diabetes Education Program is certified and is accredited by the American Diabetes Association.