



## WHAT IS DIABETES?

Diabetes is a chronic disease that occurs when the body is unable to produce enough insulin or to use insulin in an effective manner. Insulin is a hormone secreted by the pancreas that converts sugars and starches into energy. When an imbalance occurs, it can cause an insulin reaction or diabetic coma if there is too much or too little insulin or sugar present.

By understanding the disease and knowing how to keep it under control, people with diabetes can live a healthy life.

But such success requires effort. That's why McLaren Greater Lansing's diabetes educators offer a Diabetes Self-Management Education Program which provides instruction, guidance, and ongoing assistance through a series of classes on living with diabetes.



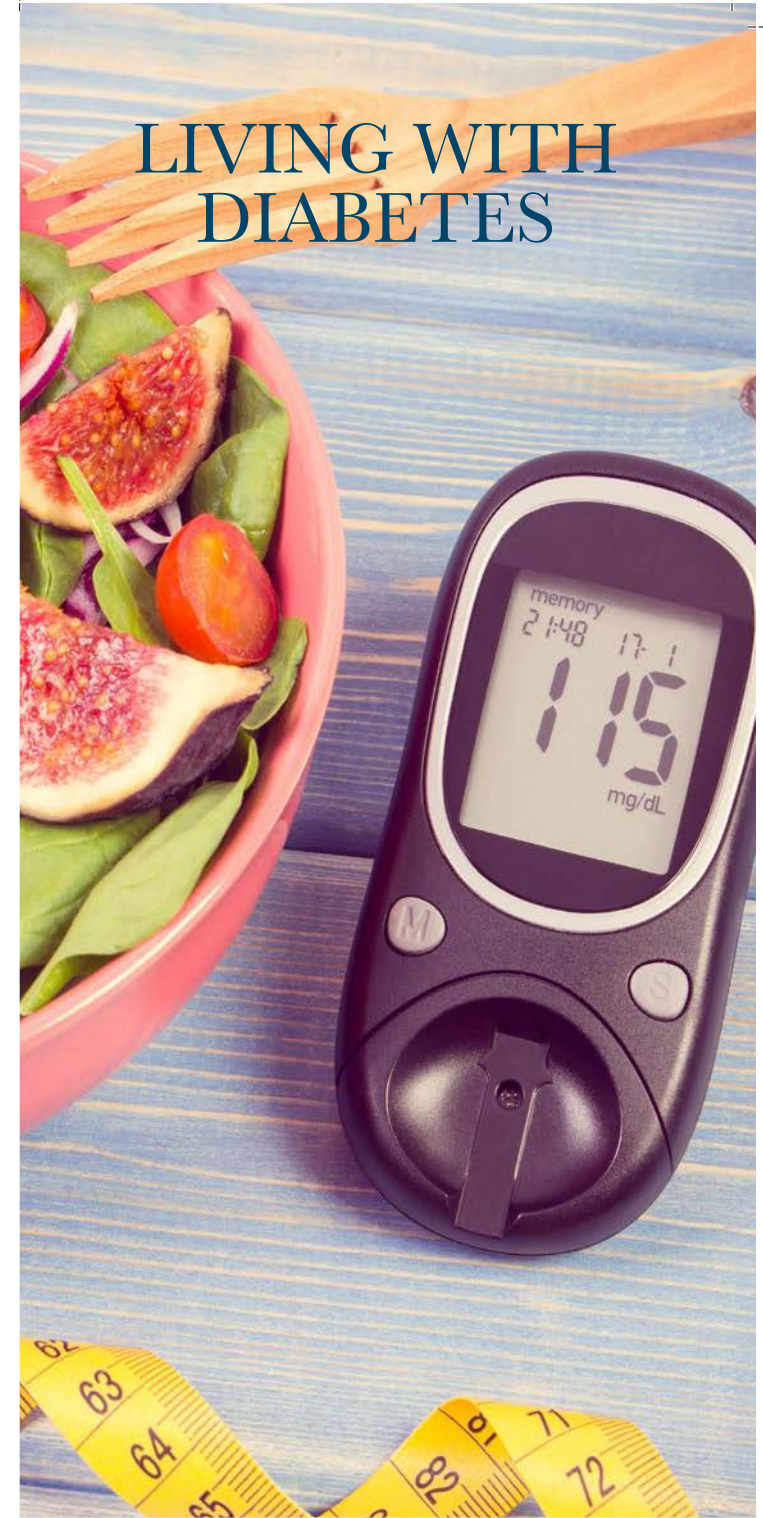
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## LIVING WITH DIABETES



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## LIVING WITH DIABETES

Class content includes materials to help you understand the disease process of diabetes, how to manage diabetes through therapies, goal-setting, and how to reduce your risk of complications from diabetes.

All patients attending individual or group diabetes education will register prior to the first visit by calling the Diabetes Self-Management Education Program. Participation in the program is covered by Medicare, Medicaid and most private insurers. Class size is limited, and early registration is encouraged.

## FAMILY PARTICIPATION

Family members or others close to you are encouraged to participate. Whether in the group or individual classes your family can understand the disease and provide support for you and your treatment program too.

## THE DIABETES TEACHING TEAM

Our teaching team consists of a registered nurse and a registered dietitian certified in diabetes education.

## DIABETES SUPPORT GROUP

A support group is offered monthly to help patients stay on the right track to healthy living and self-management.

Call (517) 975-2270 for more information or to register.

## GROUP CLASSES

The program is a series of two classes. Classes are held Tuesday, Wednesday, or all day Thursday at the Pennsylvania campus of McLaren, 2727 S. Pennsylvania, Lansing.

The morning series will be held from 9 a.m. to noon. An afternoon series will be held from 1 to 4 p.m. The evening series will be offered from 5:45 to 8:45 p.m. The program also offers a one-day class 9:00 a.m. to 3:30 p.m.

## INDIVIDUAL INSTRUCTION

Individual instruction is available with a registered nurse or registered dietitian.

## CLASS TOPICS

All one-day classes cover all of the topics listed. Topics may vary in the morning and evening series.

- Explanation of diabetes
- Causes and types of diabetes
- Short term problems (high/low blood sugars)
- Home glucose monitoring demonstrations
- Feelings about diabetes
- Living with diabetes
- Meal planning (goals/guidelines for nutrition)
- Introduction to the diabetes exchange system
- Individualized meal plans
- Free foods (foods that do not count as part of daily calorie intake)
- Foods to avoid
- Use of alcohol
- Dealing with special occasions
- Eating out
- Label reading
- Recipe substitutions
- Sick day rules
- Medicines for diabetes (oral agents and insulins)
- How to give insulin and site locations
- Long-term complications
- Personal health habits
- Foot care
- Balance between diet, exercise, and medication
- Staying with the program long-term
- Support groups