

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.

Today, people with diabetes can live full, active lives. By understanding the disease and knowing how to keep it under control, individuals with diabetes are working in every trade, occupation and profession, raising families, and running households.

But such success requires effort. That's why McLaren Flint'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.



GROUP CLASSES

The program is a series of three classes, held Wednesday and Thursdays at McLaren's Flint Family Practice building at G3230 Beecher Road in Flint.

INDIVIDUAL INSTRUCTION

Individual instruction is available with registered nurse or registered dietician.

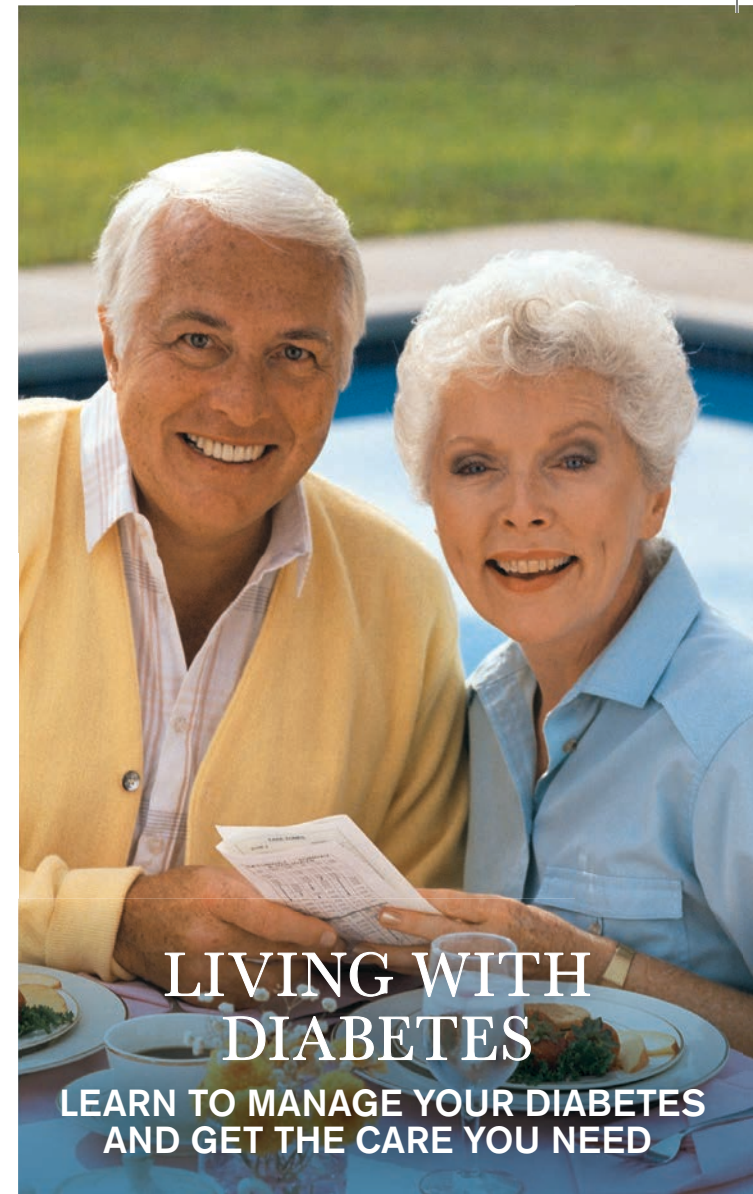
FAMILY PARTICIPATION

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 TEAM

Our team consists of a registered nurse, registered dietitian, and a pharmacist.

Call (810) 342-5506 for more information or to register.



LIVING WITH DIABETES

LEARN TO MANAGE YOUR DIABETES AND GET THE CARE YOU NEED



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Diabetes Self-Management Education

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LIVING WITH DIABETES:

McLAREN FLINT DIABETES EDUCATION CAN HELP

McLaren Flint offers two pathways for patients and providers. The first, traditional diabetes self-management education, includes up to 10 hours of education that covers topics including how to understand the disease process of diabetes, how to manage diabetes through therapies and goal-setting, and how to reduce the risk of complications of diabetes. The second pathway is a diabetes management clinic in which an individual would meet with a physician, pharmacist, registered nurse, and registered dietitian with a primary focus of helping the referring provider obtain glucose control in patients with an A1C above 8.

CLASS TOPICS

Education is provided in group classes and individual instruction. The program is a series of three classes lasting three hours covering topics including what diabetes is and treatment options, medications, nutrition, physical activity, monitoring blood sugars, preventing acute and chronic complications from diabetes, stress management, and reducing the risk of complications of diabetes. Individuals have the option to choose to attend all three classes or whichever ones they choose. The program also offers a two-hour refresher course and Medical Nutrition Therapy. MNT provides up to three hours of education per year to individuals regarding nutrition and is provided by a dietitian. Providers may order individual instruction for patients who are hearing impaired, visually impaired, or for other physical disabilities. Please call (810) 342-5506 for a list of class dates and times.

Participation in the program is covered by Medicare, Medicaid, and most private insurers. Patient deductibles, copays, and/or coinsurances may apply.

- 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



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