

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 throughout the week in the lower level of the McLaren Medical Education building at G3230 Beecher Road in Flint

INDIVIDUAL INSTRUCTION

Individual instruction is available with our diabetes educator.

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.

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



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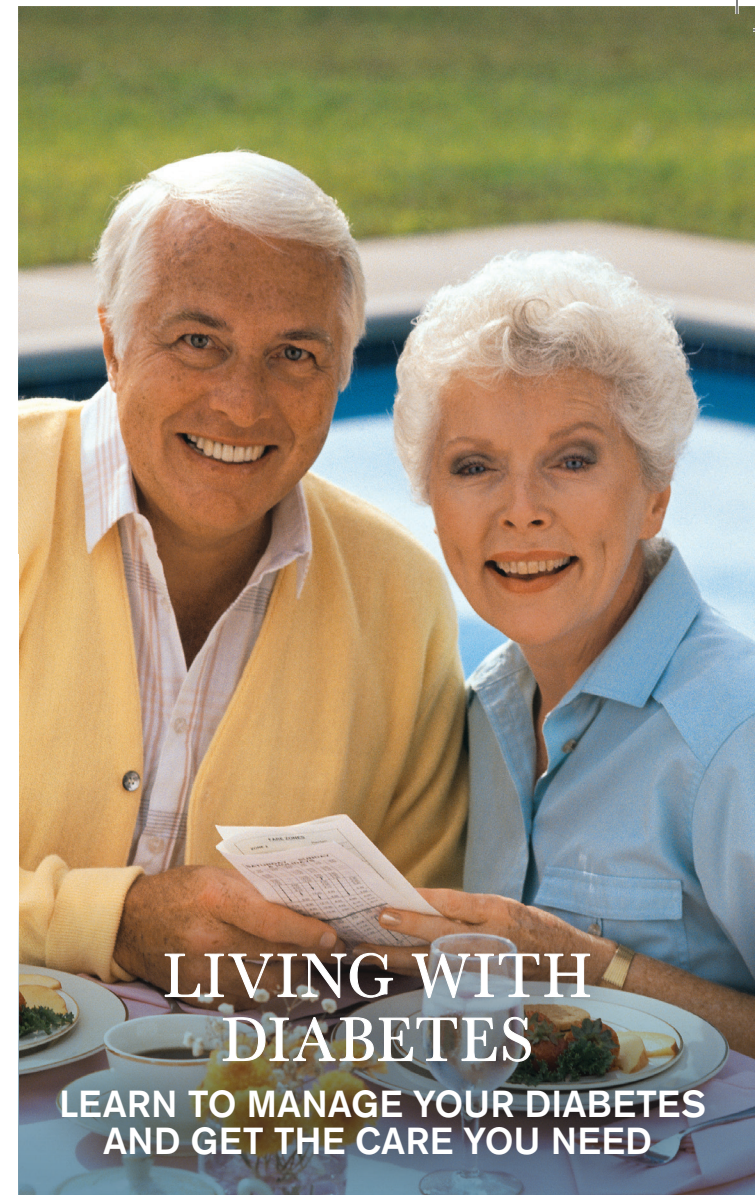
DOING WHAT'S BEST.®

Diabetes Self-Management Education

(810) 342-5506

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LIVING WITH
DIABETES

LEARN TO MANAGE YOUR DIABETES
AND GET THE CARE YOU NEED



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LIVING WITH DIABETES:

McLAREN FLINT DIABETES EDUCATION CAN HELP

McLaren Flint offers diabetes self-management education, and 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..

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)
- 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 guidelines
- 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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