

Diabetes

WE'LL SHOW YOU HOW TO LIVE WELL WITH DIABETES.

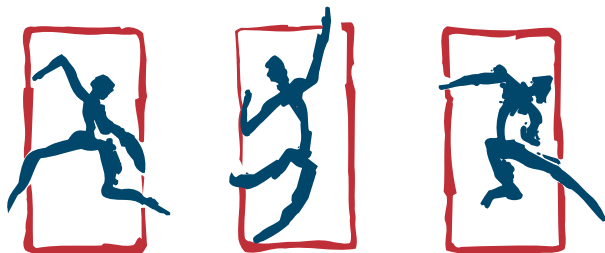
The Diabetes Education program at SSM DePaul Health Center

Proper diabetes treatment and education can help you stay healthy. The goal of the Type 2 Diabetes BASICS Program at SSM DePaul is to show you that you can learn to live well with diabetes.

Without proper treatment, diabetes can lead to serious nerve, heart, eye or

kidney problems – but this does not have to happen to you. A little knowledge about diabetes can go a long way in keeping you healthy while living with this serious disease.

The Type 2 Diabetes BASICS Program can be your first step toward living well with diabetes. Many health care professionals at SSM DePaul will help you along the way, including your doctor, diabetes nurse educators and registered dietitians.



Education

The BASICS Program is a series of four classes (see class descriptions and schedule at right).

Services

Individual appointments are available for those on insulin, or in need of extra instruction.

Scheduling

To enroll in classes, or for an individual appointment, call **(314) 344-7024**.

THE BASICS

CLASS DESCRIPTIONS

Class 1

Teaches basic diabetes knowledge and how food and physical activity affect blood glucose levels. Clients receive individual food plans and blood glucose test training, along with the confidence to manage diabetes.

Time: 2 1/2 hours

Class 2

Clients learn about interpreting blood glucose readings as well as meter maintenance and quality assurance, heart disease risks, and how food and activity affect blood glucose levels. This class is held two weeks after Class 1.

Time: 1 1/2 hours

Class 3

Clients gain an increased knowledge and skills, including foot care and sick day management, blood pressure and targets, strategies for adapting food and activity plans for dining out and special occasions. This class teaches what to do if at least half of blood glucose readings are not within target range. This class is held about three months after Class 1.

Time: 1 1/4 hours

Class 4

Teaches about the effect of stress on diabetes and strategies for stress management. Also discussed is the history of diabetes and the implications regarding treatment, ongoing diabetes care and monitoring of diabetes complications. Clients will learn five simple eating behaviors that will help them follow a meal plan, resources for continuing diabetes education and community diabetes support services. This class is held about six months after Class 1.

Time: 1 1/4 hours



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