Other services offered by Diabetes Education per physician order include:

**INSULIN INSTRUCTION**

**GLUCOMETER TEACHING**

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 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.