



# Diabetes Education Program

“Diabetes Education is not part of the treatment, diabetes education is the treatment.”

- *Dr. Arturo Rolla, Harvard Medical School*

## *Our Educators:*

Our primary instructors include a Registered Dietitian and a Registered Nurse, who is a certified diabetes educator.

We may also have Physical Therapists, Social Workers, Pharmacists and Spanish Interpreters throughout different portions of the course.

## *Our Classes Include:*

- Basic Survival Skills
- Diabetes Overview
- Stress and Emotional Issues
- Family Support
- Eating for Better Health
- Physical Activity
- Prevention, detection and treatment of the short and long-term complications
- Foot, Skin and Dental Care
- Behavior modification, goal setting, risk reduction, and problem solving
- Use of Healthcare and Community Resources
- Gestational Diabetes
- Diabetes Care Before and During Pregnancy

## *Educational Techniques:*

Verbal discussions with question and answer sessions, oral and written materials, DVD's and Informational Pamphlets will be provided.

## *Learn:*

Blood Glucose (sugar) Monitoring, Insulin Management, Foot Examination, Carbohydrate Counting

*To enroll, a referral is required from your physician. Educational sessions are scheduled by appointment only, once referral is obtained. Written reports will be provided to your physician. This program may be covered by your insurance plan; Medicare, Medicaid and many private insurance plans cover diabetes education. Prior approval from your insurance company is encouraged.*

Diabetes Education instruction is provided at St. Luke's Wood River Center Conference Rooms.

**Please call 727-8356 for more information.**