

# LIVING with DIABETES



Let us help you manage your diabetes through a variety of educational services.

Our Diabetes Self-Management Education (DSME) programs will help you to become the team leader in your diabetes care. We work with your physician to help you find a balance between blood glucose monitoring, medical nutrition therapy, medications, exercise and prepare you to take charge of your diabetes.

The Elliot Center for Diabetes Management is proud to be recognized by the American Diabetes Association (ADA).

## Group Classes

Our 9-hour education series covers a wide range of topics relating to diabetes self management. This information will enable you to confidently learn how to control your diabetes and prevent complications.

### *Session 1: Facts about Diabetes for Better Management*

Types of diabetes, monitoring your diabetes (includes group glucose meter instruction), medications (insulin and other diabetes medications).

### *Session 2: Eating Healthy with Diabetes*

Effect of food on blood glucose, meal planning, carbohydrate counting, food label reading, eating out and the effects of alcohol.

### *Session 3: Understanding Physical Activity, Stress and Illness*

Learn about all other factors that affect blood glucose management.

### *Session 4: Understanding the ABCs of Diabetes and your Lab Results*

Your guide to preventing diabetes complications.

This set of 4 sessions is held once a month during the day and once in the evening.

## Individual Consultation

Individual consultation with a nurse educator and/or registered dietitian with families and/or significant others is included in all aspects of education.

## Areas of Education Available:

- Pre diabetes/Impaired glucose tolerance (Diabetes Prevention Program)

 **Elliot Center for Diabetes Management**

1 Elliot Way | Manchester, NH 03103 | 663-4524 | [www.elliotohospital.org](http://www.elliotohospital.org)

Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

- Types of diabetes and its management
- Blood glucose monitoring
- Medical Nutrition Therapy (MNT) by a registered dietitian
- Advanced carbohydrate counting
- Pre-pregnancy and pregnancy consulting for women with diabetes
- Gestational diabetes and its management
- Insulin instruction
- Prevention of long-term diabetes complications
- Low blood sugar management/prevention
- Sick day management
- Behavior changes, goal setting, problem-solving
- Setting goals for safe exercise
- Relationship among eating, exercise, medication and monitoring
- Insulin pump program

## Our Staff

Certified in diabetes education, our nurses and dietitians have many years of experience and are actively involved in professional organizations committed to patient advocacy. We are dedicated to the advancement of patient education and are strong proponents of increased funding for diabetes research.

## Enrollment

For more information or to make an appointment, please call us at 663-4LBI. Referrals should be obtained from your primary care physician. Self-referrals are also acceptable.

Education is free to family or friends involved in your care.

Learning how to take care of yourself when you have diabetes is extremely important in maintaining good health.

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