

## Diabetes is a Lifelong Condition

Education is important to manage diabetes. Most insurance will cover education after diagnosis and ongoing annual education based on your needs. Medicare Part B will provide education after diagnosis up to 10 hours of training over the first year based on your initial needs assessment. After that initial teaching, Medicare Part B will continually provide education of two hours each successive year based on your needs. Talk with your doctor about a referral for diabetes education

Certified Diabetic Education Program in conjunction with Bryan Health Meeting the National Standards for Diabetes Self-Management Education

*Offering Comprehensive Diabetes Education Services*

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**Memorial**  
Health Care Systems

**Diabetes Education**

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## Role of Education

A Diabetes Educator will help you:

- Learn to monitor blood glucose and record and interpret the results.
- Develop self care strategies when taking diabetic medications.
- Develop techniques of healthy eating and carbohydrate counting.
- Learn and incorporate physical activity guidelines into your lifestyle to aid in the control of diabetes.
- Communicate effectively with your health care provider about health concerns.
- Learn prevention of long term diabetic complications.
- Develop personal strategies to promote health and behavior change.

## Diabetes Support and Continuing Education

MHCS Diabetic Support Group is offered quarterly on the third Tuesday of January, April, July and October at 5:30 p.m. in the Seward Family Medical Center lower level Vahle Conference Room.

The purpose of the Diabetic Support Group is to provide speakers, presentations and information to anyone interested in improving diabetic health. The meetings are free but pre-registration is requested, call 402-646-4667.

### NON-DISCRIMINATION STATEMENT

Memorial Health Care System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-402-643-2971.

Tiếng Việt CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-402-643-2971.

## Diabetes Education



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# Diabetes Education

## What is diabetes?

Diabetes is a condition in which levels of glucose (a simple sugar in the blood) are higher than normal. Many people are unaware they have this condition.

Control of diabetes is important. Uncontrolled diabetes can lead to many health problems including heart disease and stroke. The good news is diabetes can be controlled through proper eating, physical activity, monitoring of blood glucose, education and medication (if needed.) Through education you can take charge, control your diabetes and live a longer, healthier life.

## What causes diabetes?

Our bodies need food for nourishment and to sustain life. Food is both fuel and building material. The main source of fuel for our bodies is a simple sugar called glucose derived from the food we eat. A hormone called insulin is the key that unlocks our cells, allowing glucose to enter.

There are three possible reasons people develop diabetes:

- The body does not make any insulin.
- The body does not make enough insulin (insulin deficiency).
- The body does not use the insulin properly (insulin resistance).

## What are the types of diabetes?

There are three main types of diabetes:

- **Type 1 diabetes**—People with Type 1 diabetes must take insulin because their bodies produce little or no insulin.
- **Type 2 diabetes**—People with type 2 diabetes either do not produce enough insulin or cannot use the insulin properly in the body. Type 2 diabetes may be controlled with proper eating and exercise. Oral medications also are often used to control Type 2 diabetes. Some people with Type 2 diabetes use insulin to control their diabetes.
- **Gestational diabetes**—This type of diabetes begins or is first diagnosed during pregnancy. About four percent of this group actually have Type 2 diabetes that was previously undiagnosed. Women with gestational diabetes are at increased risk of developing Type 2 diabetes in the future. It is important that women with gestational diabetes be retested six weeks after delivery and take steps to prevent or delay the onset of Type 2 diabetes.

## Signs and Symptoms

- Frequent thirst
- Frequent urination
- Extreme tiredness
- Extreme hunger
- Unexplained weight loss
- Sores that are slow to heal
- Dry, itchy skin
- Loss of feeling or tingling in the feet or limbs
- Blurry eyesight
- No symptoms at all

## How does my doctor diagnose diabetes?

An A1C test is an average of your blood sugar levels over 2-3 months. The normal range for an A1C is between 4-6%. A1C greater than 6.5% suggests diabetes. Another blood test that can be done is a FBS (Fasting Blood Sugar). The FBS is drawn after not eating for 8 hours. A FBS of 100 mg/dl to 125 is showing pre-diabetes, 126 or higher indicates diabetes. A non-fasting blood test can also be done; 140-200mg/dl indicates pre-diabetes and above 200 mg/dl indicates diabetes.