

**Top 5 reasons to attend  
Stewart Memorial  
Community Hospital  
Diabetes Self-Management  
Classes:**

5. Newly diagnosed.
4. No previous diabetes education .
3. Elevated hemoglobin A1C.
2. New to diabetes medication.
- 1. *Want to understand how to manage your diabetes.***

Stewart Memorial Community Hospital Diabetes department, offers conveniently scheduled classes and counseling sessions with our nurse and certified dietitian educator on staff.

To learn more about Stewart Memorial Community Hospital Diabetes Programs, contact Maurine Thieszen, RD, LD, CDE, Diabetes Education Coordinator, 712-464-4249  
OR

**Marcia Schaefer, RN  
712-464-4205**



Stewart Memorial Community Hospital Diabetes program has been awarded recognition by the American Association of Diabetes Educators in accordance with the National Standards for Diabetes patient education programs.

**Stewart Memorial  
Community Hospital**  
1301 West Main St.  
Lake City, IA 51449  
(712) 464-3171  
800-262-2614



**McCrary Rost Clinic**  
1351 West Main St  
Lake City, IA 51449  
(712)-464-7907  
800-560-7500



# Diabetes

## Self - Management Education



Stewart Memorial  
Community Hospital  
Lake City



[www.stewartmemorial.org](http://www.stewartmemorial.org)

# *The Stewart Memorial Community Hospital Diabetes Education Program Staff is dedicated to helping people learn new ways to live better with diabetes.*

**If you've just learned that you have diabetes, you probably have lots of questions.**

Stewart Memorial Community Hospital Diabetes Program can help you find the answers. We offer conveniently scheduled classes and counseling sessions with our nurse educator and registered dietitian. This program will help you find out what you can do to stay healthy and prevent problems.

- **Self-Management**

Means taking charge of your diabetes. Monitoring what you eat, taking your medications, exercising appropriately, measuring and managing blood sugar levels, and being prepared for possibilities and challenges, are all part of living with diabetes. Self-management education complements the care of your primary care provider and helps you participate fully in taking care of your diabetes. We help you to better understand why and how diabetes can be managed.

- **Getting Started**

Education about diabetes is crucial, for yourself, your family members and/or friends. The proper management of your diabetes can include others to help you including your primary care provider, our staff and others who have diabetes.

- **Course Formats**

Whether you have individual consultations, or participate in group sessions, our program is tailored to your individual needs.

- **Registration Information**

A referral by your primary care provider and program registration are required.

- **Taking Control**

If you have diabetes, you are at risk for kidney disease, nerve damage, eye disease, strokes and heart attacks. You can learn self-management techniques to prevent, postpone or reduce the impact of these complications. Working with your primary care provider, we can help you learn how to take good care of yourself. You make the ultimate difference in the quality of your life and we are here to help you do it.



## **Diabetes Class Topics:**

- Diabetes Basics
  - Self-monitoring of blood glucose
  - Healthy eating and meal planning
  - Dining out
  - Being active
  - Medications
  - Problem solving
  - Reducing risks
  - Healthy coping with upsets
  - Travel
  - Motivating yourself to live well
- The diabetes self-management program includes assessment and 4 sessions over a 3-4 month period. Each session is 1 1/2 to 2 hours in length.
  - Sessions are informal and educational with hands-on learning experiences.
  - A care partner is welcome to participate.

*The Type 2 BASICS skills class is taught in 4 sessions. The cost is covered by Medicare and some insurance companies may apply this to your deductible. You are responsible for checking the provisions of your policy.*