

Top 6 reasons to attend Stewart Memorial Community Hospital Diabetes Self-Management & Support Sessions:

- You are newly diagnosed with diabetes.
- You are newly motivated to improve your diabetes care.
- Your A1C is above your target.
- Your diabetes medication or living situation has changed.
- You have weight or other nutrition concerns.
- You need support to attain and sustain healthy habits.

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

For more information call:
**Stewart Memorial
Community Hospital
Diabetes Programs**
712-464-4249

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM



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	McCrary Rost Clinic
1301 West Main St. Lake City, IA 51449 (712) 464-3171	1351 West Main St Lake City, IA 51449 (712)-464-7907 800-560-7500



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.
注意：如果您使用繁體中文，您可以免費獲得語言援助務。請致電 1-712-464-4203。

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Diabetes Self-Management Education & Support



Stewart Memorial
Community Hospital
Lake City, Iowa



www.stewartmemorial.org

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

you are not alone with your diabetes

More than 18 million Americans have this chronic medical condition and, like you, require a lifetime of treatment.

Creating a treatment plan that's right for you

Diabetes educators realize that diabetes is a very personal disease. By getting to know you as an individual, we can work with you to create a self-management plan that meets your needs - one based on your age, school or work schedule, as well as your daily activities, family demands, eating habits, and health problems.

Diabetes educators also understand that successful diabetes management is a team effort. Family is often encouraged to join you in learning how to make healthy food choices, developing a plan for regular physical activity, monitoring your blood sugar, and learning how and when to take your diabetes pills or insulin.

Registration information

A referral from your primary care provider is required.

Course format

Most sessions are individual and tailored to your individual needs.

Successful self-management will help you feel better and can reduce your chance of developing complications.

Upon being diagnosed, it's not uncommon to feel a certain amount of fear. Fear of the unknown. Fear about how your lifestyle may change. Fear that you will experience life-threatening complications.

A diabetes educator will help you learn how to take care of yourself - guide you through your treatment and help you with any fears, issues, and problems you encounter along the way. We want to focus education on the topics you are most interested in.

Session Topics/Elements of Successful Self-Management:

- Healthy eating
- Problem solving
- Being active
- Reducing risks
- Monitoring
- Healthy coping
- Taking medication

- The Diabetes Self-Management program uses the BASICS curriculums and is taught in 4 sessions over a 3-4 month period. Each session is 1 to 2 hours in length.
- Annual follow-up sessions are also available.
- Sessions are informal and educational with hands-on learning experiences.
- Medical Nutrition Therapy for Diabetes is also offered on referral from a physician.
- A care partner is welcome to participate.

The cost is covered by Medicare; some insurance companies may apply this to your deductible. You are responsible for checking the provisions of your policy.