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Managing Your Diabetes



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Whether you have just been told you have diabetes, or whether you have had it for some time, you may feel you would like some help in improving your control.

The Diabetes Education Center at The University of Iowa Hospitals and Clinics offers a five-day program, "Managing Your Diabetes," which



puts you in control by providing up-to-date information for the best management of your diabetes.

The Diabetes Education Center is staffed by health professionals who specialize in the care of people with diabetes and their families.





Managing Your Diabetes

"Managing Your Diabetes" is an intensive five-day course at The University of Iowa Hospitals and Clinics which provides the latest information on controlling diabetes.

"It sure would have been easier to control my diabetes over the years if I could have attended this program when I was first diagnosed."

Physicians, nurses, dietitians and other health care professionals specializing in diabetes guide you through every aspect of diabetes management. The program consists of classroom instruction with individual counseling to help you integrate diabetes self-care into your daily life. As a class member, you will take home a comprehensive notebook, which will become a day-by-day guide to reinforce information provided during the program.

Topics* included in the program are:

- What diabetes is
- Insulin and oral agents
- Nutrition and meal planning
- Keeping blood sugars in control
- Exercise and diabetes
- Personal hygiene
- Long-term complications
- Living with diabetes
- Diabetes research

“Meals in the dining room provide an excellent learning experience and reinforcement for both dining in restaurants and at home.”

Eight meals are served during the “Managing Your Diabetes” program in the UIHC Diabetes Center dining room. You will learn to plan, prepare, select, and portion meals to help you control your diabetes through food choices. You will also receive a cookbook for your use at home.



To Take the Class

Your family physician in your home community can refer you to "Managing Your Diabetes," or you may call us directly. You will be evaluated in the Diabetes Clinic on a



Monday, and at that time you can make arrangements to enroll in the program.

Class size is limited to 12 patients who are 16 years-of-age or older and who have been diagnosed with Type I or Type II diabetes.

Classes begin each Tuesday at 9:30 a.m. and end at 2:30 p.m. the following Friday. (Classes are not held in the evening.)

Course tuition, which covers educational materials and group teaching sessions, is frequently



covered by insurance. Check with your own insurance carrier to determine if your health insurance policy provides coverage.

Individual instruction and life-style counseling are provided outside the classroom from physicians, nurses, dietitians, and other health care professionals specializing in diabetes who will help you make plans to control your diabetes.

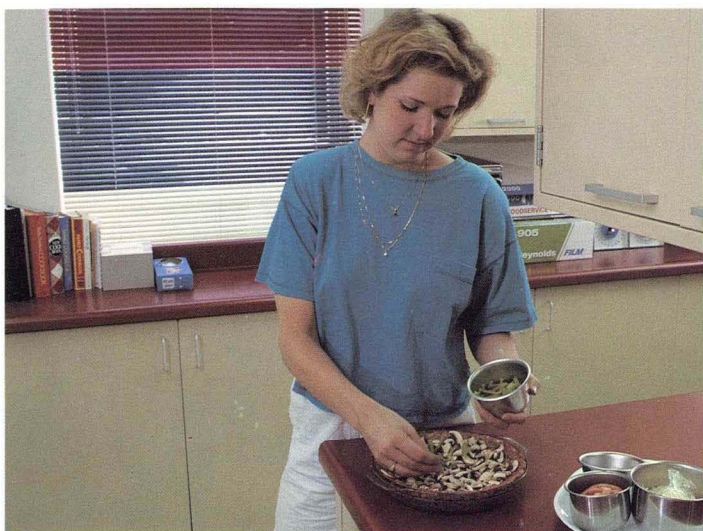
At the completion of the program, a summary letter can be sent to your physician. At least one follow-up visit to the Diabetes Clinic at the UIHC is often suggested.



"The staff was very friendly and helpful. I'd give you and your program a '10.' "

Attending the Educational Program as an Inpatient

Changes in your regimen that would require close medical supervision and frequent monitoring may be necessary. If you need this level of care, you will be admitted to the diabetes inpatient unit at the UIHC.



You will then attend classes and participate in many of the same activities as others who are not hospitalized.

For More Information

If you would like to know more about "Managing Your Diabetes," call 319/356-8888.

[REDACTED]

"Even when you think you already know how to manage your diabetes, you can learn more. I found this program very helpful for taking better care of my diabetes."

[REDACTED]

ALL QUOTATIONS ARE FROM PREVIOUS
PROGRAM PARTICIPANTS.



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