

“Short & Sweet” Sessions For Diabetes Type 1 and Type 2

60 Minute Educational Sessions with Q and A

If you were newly diagnosed or have never been to a diabetes education session and would like to gather new knowledge and have your questions answered, these are for you!

Short on time but would like some general information to get you on your way to better diabetes health? Try one of these!



Sign up for a “Short & Sweet” Session today. Pick and choose from our menu below to best fit your learning needs. Join others like yourself who want to gain diabetes knowledge about specific topics and want the opportunity to ask those burning questions that you never get to do.

During these 60 minute sessions (with time for question and answer) you will receive quality education about a topic area, get questions answered, and will be introduced to resources available to you to facilitate further exploration about the topic area.

Topics offered include: understanding diabetes and basic management skills; using a blood sugar meter and understanding the results; introduction to the world of nutrition and carbohydrates/carbohydrate counting, label reading and sugars; intensive insulin management therapy including carbohydrate to insulin ratios and correction factors; information about insulin pump therapy; and learning about the many emotional ups and downs and feelings that can often accompany daily living with diabetes that are so common but not always discussed.

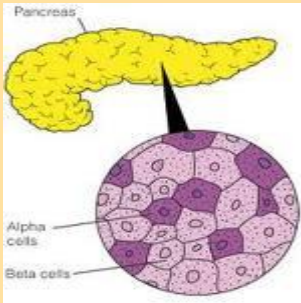
The Harold Schnitzer Diabetes Health Center Diabetes Education Program has been recognized by the American Diabetes Association for Quality Self-Management Education and is taught by a team of Certified Diabetes Educators.



“Short & Sweet” Session Descriptions

Understanding Diabetes

Learn about diabetes, the pancreas, the disease process, blood sugars, monitoring blood glucose and targets, diabetes self-care, annual exams, physical activity, medications and insulin. This is a terrific session for those who want a better understanding of diabetes.



Healthy Eating & Diabetes

This session is a great starter about what carbohydrates are, what role they play in diabetes, what portion sizes are of carbohydrates, and how many to eat per meal or day. Proteins and fats are discussed with how much to eat of those and what impact they have on diabetes and blood sugars.

Carbohydrate Counting & Diabetes

This session gets into detail about carbohydrate gram counting, reading food labels and understanding parts of the label like sugar and fiber as well as learning about the many types of sugar and artificial sweeteners. It's not about meal plans any more, it's about carbohydrate counting, balance, and knowing how many grams of carbohydrate are right.

Intensive Insulin Management

Do you want better blood glucose control but not sure what to do? Learn what options are available for insulin dosing. Learn about insulin types, delivery systems of insulin, what insulin to carbohydrate ratios are and insulin sensitivity or correction factors. Talk to us about your blood sugars and pattern management. Find out more about what you may be able to do to achieve better blood sugar control.

Is An Insulin Pump For You?

Want to know more about insulin pump therapy and if it's for you? This session walks you through what insulin pumping is, who are good candidates for pumps, what a pump looks like and how it works. Insulin pumps will be shown and your questions answered.

Ups and Downs of Diabetes----NOT AVAILABLE AT THIS TIME

This session will provide you with information about the emotional side of diabetes and will help empower you to deal with the mood swings. Psychosocial aspects of living with diabetes and development of personal strategies to promote your own health and behavior change will be discussed. Chronic conditions can work on our mental health and we will talk about ways to work through this and help you in getting any assistance.

Choose & Use Your Glucose Meter

This session will provide you with a glucose meter if you need one. We will give you instruction about your meter use and your diabetes blood sugar goals. Demonstration of your meter will be provided and you will have the opportunity to test your blood sugar with a coach here to help you out. We will inform you all about testing!

Medical Nutrition Therapy (MNT) Group

This session will provide you with dietary expertise individualized to your needs. A registered dietitian will assess your needs, create a plan with you and develop a way to follow up with you to monitor your progress. You will take a goals sheet home.

