

The better informed an individual and family are about diabetes, the better they can **control diabetes**...rather than be controlled by diabetes.



Diabetes Self-Management Program

Take Action

Ask your physician for a referral. Schedule an appointment with an EGH diabetes educator who will assess your needs.

Hours

Office Hours:

8:00 a.m. to 4:00 p.m.
Monday - Friday

Morning Classes:

Monday 9:30am-12:00pm
or Thursday 9:30am-12:00pm

Evening Classes:

Monday 5:30-8:00pm
or Thursday 5:30-8:00pm

Payment

Diabetes education is covered by Medicare and many insurance plans. Check with your insurance company to determine coverage. If you don't have insurance, please call the Patient Accounts Representatives at (574) 523-3365.

For more information, please call (574) 523-3297.



Healthcare SystemSM
600 East Boulevard
Elkhart, IN 46514

www.egh.org

Elkhart General Diabetes Self-Management Program



Education and Support
for Individuals and
Families with Diabetes.

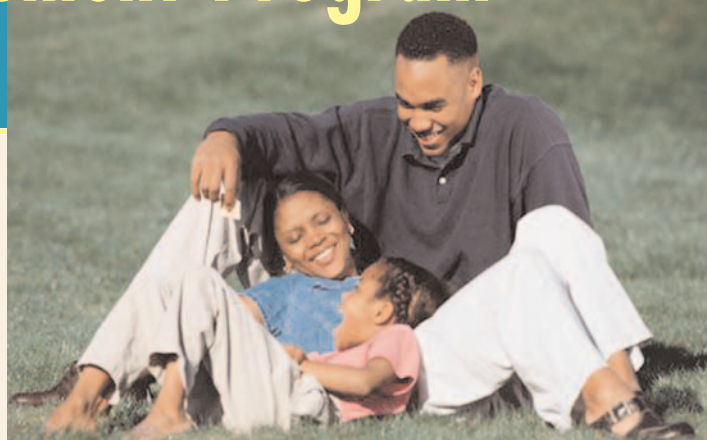
Diabetes Self-Management Program

Education is the Key

Over 20 million people in the United States have diabetes. Diabetes is a chronic disease which can lead to blindness, kidney disease, cardiovascular problems and damage to the nerves. Research has shown that controlling blood glucose, blood pressure, triglycerides, HDL & LDL cholesterol can reduce the risk of complications of diabetes.

Controlling your blood glucose can be a complicated matter. Blood glucose changes constantly. It is influenced by many things such as your choice of food and how much you eat, the timing of your medicine, your emotions, illnesses, your weight, and your body's resistance to insulin. Blood glucose control is best achieved by working with your physician and a diabetes education team.

Our Diabetes Education Program will help you and your family learn about the changes that occur in your body and show you ways to minimize the potential complications of diabetes. If you are 18 years of age or older and have been diagnosed with or have uncontrolled Type 1 or Type 2 Diabetes or pre-diabetes, the Program Staff will give you the tools to help you successfully control or potentially prevent diabetes.



You have been diagnosed with, or are having trouble controlling your diabetes... Now What?

Talk with your physician who will refer you to Elkhart General Hospital's Diabetes Education Program for managing your diabetes. The Diabetes Education Outpatient Program at EGH has been recognized by the American Diabetes Association for Quality Self-Management Education.*

Certified Diabetes Educators and other healthcare professionals specially trained in diabetes management lead weekly classes about your disease and the steps you can take to improve your health. You will learn about:

- Healthy Eating**
- Being Active**
- Blood Glucose Monitoring**
- Taking Medication**
- Problem Solving**
- Healthy Coping**
- Reducing Risk of Developing Complications**



For pregnant women and their unborn children, the Gestational Diabetes Program at EGH focuses on successful pregnancy outcomes. For a brochure, call Community Relations at (574) 523-3303.



Remember, the most important member of Your Diabetes Education Team is YOU!

Nurses, Pharmacists, and Registered Dietitians are available to address your questions. Another important member of your team is your primary care physician. The diabetes educators at Elkhart General Hospital will work closely with your doctor, providing information on your progress.

What Our Patients Say...

"It was really excellent. I learned a lot about my disease and how to live with it."

"This is the best diabetes class I have ever attended, and the staff was excellent."

"I have recommended the class to others."



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.