



Take control of your diabetes with our Diabetes Self-Management Program

Diabetes occurs when the body can't properly use or produce insulin – a hormone made in the pancreas that breaks down carbohydrates in food. Insulin brings glucose from the blood into the cells, where it is used for energy.

Once you have diabetes, you have it for life. There is no cure. The McLaren Diabetes Education Self-Management Program can help you successfully manage diabetes by controlling blood sugar through proper nutrition and exercise. A healthy lifestyle can also reduce your risk for developing diabetes.

McLaren's Diabetes Education program also offers a support group. Meetings are free and take place the second Wednesday of each month except November. Meetings are held from 6:00 p.m. to 7:30 p.m., at G-3200 Beecher Road.

Fees: Program certified by Michigan Department of Community Health for Medicaid reimbursement. Other health insurances may cover program.



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



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Diabetes Education

McLaren BeechHill Centre

G-3200 Beecher Road, Flint, Michigan 48532

(810) 342 4110

McLaren Flint Community Medical Center

1314 South Linden Road, Flint, Michigan 48532

(810) 342 4110

mclaren.org

Diabetes Self-Management Program

McLaren Diabetes Education



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A decorative graphic consisting of a network of green dots connected by thin lines, resembling a molecular or neural network, positioned at the top of the page.

The Diabetes Self-Management Program Includes:

- What is Diabetes
- Personal Care
- Self Monitoring
 - urine testing
 - self blood glucose monitoring
- Other Monitoring Methods
 - fasting blood sugar
 - 2-hour post prandial blood sugar
 - hemoglobin A1C
- Complications
 - acute
 - long term
- Medications
 - antidiabetic
 - prescription
 - over-the-counter
- Risk Factors
- Nutritional Counseling
 - eating out
 - label reading
 - use of exchange list
 - menu planning
 - sick day menu
- Exercise
 - benefits
 - establishing individual program
- Stress Management
 - Feelings
 - Your individual needs

Individual counseling and group classes are offered at McLaren.

- We encourage participants to bring a support person.
 - Learn to control your diabetes with a multi-team approach.
 - The certified diabetes educator will instruct you on benefits and responsibilities of self care and the components needed for good control.
 - Our dietitian will help you to learn to eat well, plan menus, restaurant selections and sick day meals.
 - The Diabetes Self-Management Team will assist you in developing an individualized exercise program. See the benefits of exercise on blood glucose control.
 - The team will also assist you in dealing with your feelings regarding Diabetes. Develop and increase your skills in stress management.
- Physician's written request required.

