

## Diabetes Education

When you have diabetes, you need commitment, knowledge, skills and a dedicated medical team working with you to stay in balance and in control.

### Our Certified Diabetes Education Team can empower you with knowledge and skills to:

- ◆ Self-manage your diabetes care
- ◆ Create a lifestyle you love; one that promotes your well-being and minimizes the risk of complications
- ◆ Make informed choices about your care

### Together we can control diabetes

We are Certified Diabetes Educators and behavioral therapists with specialties in Diabetes Education.

We start with an individual interview to determine your unique challenges with diabetes.

Then, together, we develop an education plan that works for you. We work one-on-one or in small group classes.

A family member or support person is encouraged to attend with you.

## Self-management

- ◆ Diabetes overview
- ◆ Nutrition therapy & meal planning
- ◆ Complication prevention
- ◆ Exercise ◆ Coping ◆ Stress reduction
- ◆ Medication/supplement management
- ◆ Blood glucose monitoring & use of results
- ◆ Insulin therapy management
- ◆ Lifestyle planning ◆ Goal setting
- ◆ Working with your diabetes team

## Special Programs

### “Take Control”

Small-group program  
4 bi-weekly classes & 2 individual visits

### “Sweet Success”

California Diabetes and Pregnancy Program Affiliate

### Diabetes Support Group

- ◆ Meets the 2nd Monday of each month
- ◆ Glenn Miller Conference Room “A”
- ◆ Open to the public
- ◆ 7 to 8 p.m.
- ◆ Free!

## Get started now!

All you have to do is:

- ◆ Call your doctor for a referral to the program
- ◆ Have required lab work

To learn more,  
call (707) 463.7527

### Payment Information

Most insurance plans cover all or part of the cost of service. We are a Medicare provider. Medi-Cal does not cover education services. Significant discounts are available for those who choose to pay privately.

### Location

Our office is located in the UVMC Maternity Department at 275 Hospital Drive in Ukiah.

All classes are held in the hospital conference rooms.

# Type 2 Diabetes Risk Factors

- ◆ Over 45-years old
- ◆ Over weight
- ◆ Parents or siblings with diabetes
- ◆ Physically inactive
- ◆ Member of a high-risk ethnic group  
Native American, Hispanic-  
American, African-American,  
Pacific Islander, Asian-American
- ◆ Had a baby weighing 9 or more pounds  
at birth or had diabetes during pregnancy
- ◆ High blood pressure (over 140/90)
- ◆ HDL Cholesterol (below 35)
- ◆ Triglycerides (over 250)
- ◆ Polycystic Ovary Syndrome
- ◆ Heart or blood vessel disease

## Recommended Screen Testing

Over 45-years old with NO risk factors:  
Screening every 3 years

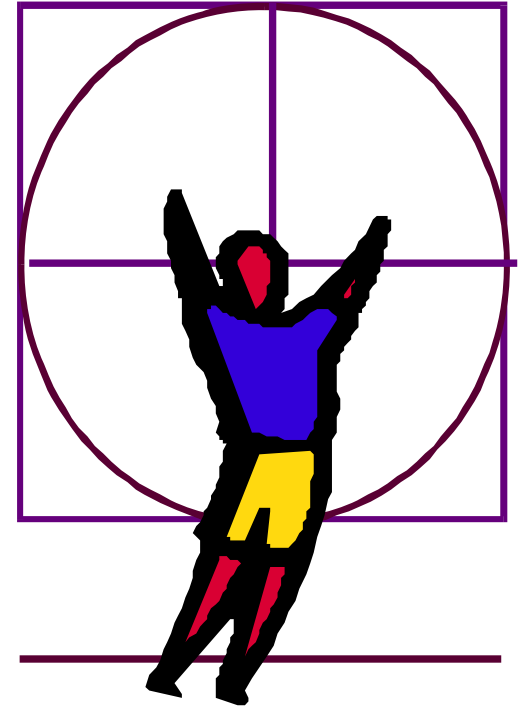
Under 45-years old WITH risk factors:  
Screening every year

*Ukiah Valley Medical Center*

**Adventist Health**

Diabetes Education Programs  
275 Hospital Drive  
Ukiah, CA 95482

# Take Control of Diabetes



Diabetes Education Programs

Ukiah Valley Medical Center



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