



**Education designed to help you manage your diabetes & lead a healthier life!**

### **Self Management Classes:**

#### **Class 1: Medical Nutrition Group Therapy**

- Healthy Eating
- Carbohydrate Counting, Exchanges, Food Guide Dish
- Food Label Reading
- Carbohydrate Digestion & Glucose Utilization
- Meal Planning

#### **Class 2 & 3: Complications Group Therapy**

- Reducing Risks of Diabetes Complications
- Sick Day Management
- Self-Care Practices
- Living with Diabetes
- Benefits of Physical Exercise
- Acute Complications
- Problem Solving
- Healthy Coping

## **Diabetes Information**

According to the American Diabetes Association, in 2021, 38.4 million people in the United States had diabetes.

8.7 million of those were undiagnosed.

Diabetes is a disease in which the body does not produce enough insulin (insulin deficiency) or doesn't have enough effective insulin (insulin resistance).

Insulin is needed to move sugar from the blood into the cells. When sugar builds up in the blood instead of going into the cells, it can harm your eyes, kidneys, nerves or heart.

### **Are you at risk?**

Often diabetes goes undiagnosed because many of its symptoms seem so harmless.

Some of the symptoms:

- frequent urination
- excessive thirst
- extreme hunger
- unusual weight loss
- increased fatigue
- blurry vision
- sexual problems
- wounds that won't heal
- vaginal infections

# **Diabetes Education**



*An Affiliate of Self Regional Healthcare*

**Located at the  
AAMC Community Resource Center  
901 W. Greenwood St. Suite 8  
(864) 366-2525**

[www.AbbevilleAreaMC.com/diabetes](http://www.AbbevilleAreaMC.com/diabetes)

## The Program

The **AAMC Diabetes Education Program** is designed to give people with diabetes the tools and information they need to better care for themselves. Our program is recognized by the American Diabetes Association.

Classes, taught by a Certified Diabetes Educator, are available to those with pre-diabetes, Type 1, Type 2, and Gestational diabetes. Classes include:

- Diabetes Self-Management
- Insulin Therapy Evaluation, Initiation & Follow-Up
- Gestational Diabetes Management

AAMC's classes are small and individualized. We encourage the person with diabetes to bring a support person

**A comprehensive approach to diabetes management.**



to the classes with them. A physician's referral is necessary to attend this program – simply ask your physician! Most insurance companies cover the cost of these classes.

Individual sessions can be scheduled for those with vision and/or hearing difficulties, low literacy and other limitations.

### Insulin Pump Training

Insulin pumps are a good alternative for people who are taking multiple daily injections of insulin. If you would like to find out if an insulin pump is right for you, please contact us.

### Professional Continuous Glucose Monitoring Systems

This system is small and discreet, waterproof and requires no cables or monitor. It gives a clearer picture of blood sugar levels during the day and night. All that's needed is an order from your health care provider and we'll contact you for an appointment. See your health care provider if you feel this would benefit you in managing your diabetes.



**Individualized care plans that address each patient's specific needs.**

### Diabetes Self Management Classes

These classes include an individual assessment and a series of three classes. We encourage the patient to bring a support person with them.

**Individual assessment includes:**

- Individual Goal Setting
- General Diabetes Mellitus Information
- Monitoring Blood Glucose (Issue monitor if needed)
- Introduction to Healthy Food Choices
- Introduction to Diabetes Medications
- Identification of Barriers for Self Management

*(See next page for class information)*