

Diabetes Self-Management Classes



Our AADE Nationally Recognized Diabetes Self-Management Program is designed to help persons with diabetes gain and maintain better control of their diabetes and feel good about themselves while doing so. Our staff of Certified Diabetes Educators includes Registered Nurses and a Registered Dietitian. The Program and all sessions are led by one of our CDE staff.



Delhi Hospital

Diabetes Self-Management Program

407 Cincinnati St. | Delhi, LA 71232
(P) 318.878. 2845 | (F) 318.878.4749

www.delhihospital.com

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators

Managing Diabetes.
It's in your hands.



Delhi Hospital

Diabetes Self-Management Program

Make a Change

The goal of the Diabetes Self-Management Program is to teach skills that will enable the patient to keep blood glucose levels as close to the normal range as possible. We will work with you and your provider to help you reach and *maintain* this goal.



We offer the services of certified diabetes educators who will help you learn about your disease. We provide instructions on:

Self-Care Behaviors

- Healthy Eating
- Medications
- Being Active
- Blood Glucose Monitoring
- Problem Solving
- Healthy Coping
- Reducing Risks



Our staff will develop a plan designed to meet your needs.



Most private insurances, Medicare and Medicaid help cover the cost of services, including your blood glucose monitoring supplies, insulin syringes, etc.

What is diabetes?

A disease where the body is unable to produce enough insulin causing high blood glucose levels in the blood stream.

What are the main types of diabetes?

- Type 1
- Type 2
- Gestational diabetes

What is the impact of diabetes?

- Affects 20 million people & rising
- Another 10 million have diabetes but do not know
- Is a leading cause of death and disability
- Expensive— costs nation over \$200 billion annually

Who is at risk for developing diabetes?

- People of any age
- Most common in older, overweight, & sedentary African Americans, Alaskan Natives, American Indians, Asian, Pacific Islander Americans, & Hispanic Americans
- People with a family history of diabetes