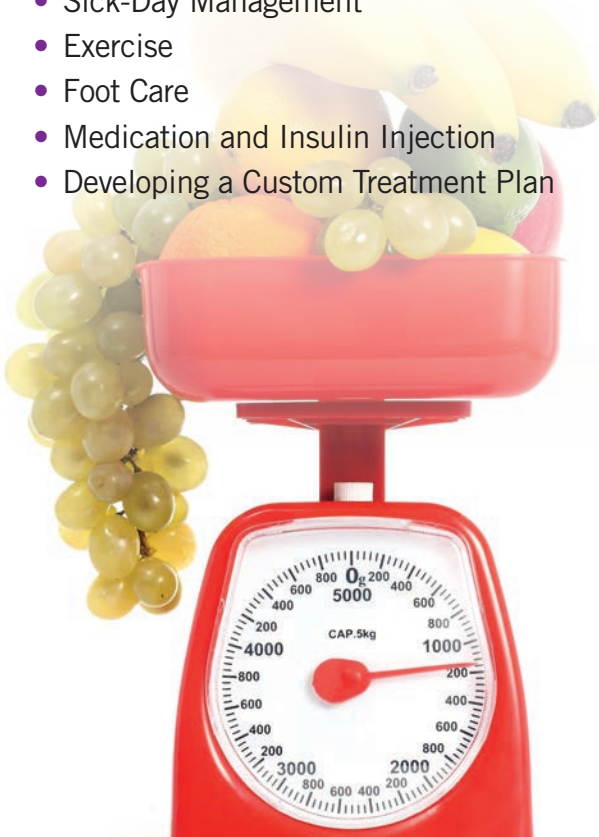


Diabetes Education at Springhill Medical Center

The focus of Springhill's Diabetes Education Center is knowledge. Believing that patients who know as much as possible are better able to cope with diabetes, the Center emphasizes self-management skills to help make diabetes just another part of day-to-day life.

Through the Center, patients with diabetes learn information about diabetes and how to manage the disease with topics such as:

- Meal Planning
- Blood Glucose Monitoring
- Medical Complications
- Coping Skills
- Sick-Day Management
- Exercise
- Foot Care
- Medication and Insulin Injection
- Developing a Custom Treatment Plan



Patients and families are offered group classes that focus on different aspects of care. These group sessions stress the skills people with diabetes must learn and the knowledge they must have to make living in the everyday world possible.

Business hours are 8:00 a.m. – 4:00 p.m.
Please call 460-5367 for class information.
Springhill Medical Center will file all charges with the patient's insurance company.



This diabetes self-management education program has been awarded recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Self-Management Education Programs.


SPRINGHILL MEDICAL CENTER



Begin building yours!

Your body is the most important investment of your life.
It's priceless! Begin investing in your future **NOW**.
Live life **HEALTHY**. Life life **WELL**.

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GP/2012


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diabetes

What is Diabetes?

Diabetes is a disease caused by the body's inability to produce or properly use insulin. Insulin is a hormone that maintains the proper level of sugar in your blood. About 8% of Americans have diabetes. There are several types of diabetes:

Type 1 Diabetes

Type 1 diabetes is often diagnosed in children and young adults. The body's immune system attacks and destroys the pancreas' ability to make insulin, so those with Type 1 must follow a special diet, get regular exercise, check their blood sugar levels, and give themselves shots of insulin.

Type 2 Diabetes

90-95% of people with diabetes have Type 2. It's usually diagnosed in older adults, although it can affect overweight children. In the case of Type 2 diabetes, the pancreas does not make enough insulin, or the body does not use it efficiently. Many are unaware that they have the condition, so regular screenings are important, especially if you are 45 or older.

Gestational Diabetes

7% of pregnant women develop gestational diabetes. If you are pregnant, talk to your doctor at Springhill Medical Center about screening and the risks associated with this type of diabetes.

Managing Diabetes

If you have diabetes, you can keep it in control by following these guidelines.

Weight Control. Maintaining a proper weight is important in managing Type 2 diabetes and in preventing its onset. More than 85% of people with type 2 diabetes are overweight. Even losing 5-10 pounds can make a difference. Calculate your BMI to find your ideal weight.

Healthy Blood Pressure. Keeping a healthy blood pressure reduces the risk of complications due to diabetes. In general, for every 10 mmHg reduction in systolic blood pressure, the risk for any complication related to diabetes is reduced by 12%.

A Nutritious Diet. Eating a variety of high-fiber foods, fresh fruits, vegetables, lean meats, and fish will help you control blood sugar levels.

Small, Regular Meals. Avoid very large meals or skipping meals, which can cause wide glucose swings. Instead, eat smaller servings at regular periods throughout the day.

Exercise. Exercise helps control weight, makes cells more sensitive to insulin, and uses up blood sugar. It also increases blood flow and improves circulation through the body. Being active helps to prevent the development of diabetes and to reduce the need of insulin for those with diabetes.

Some Symptoms of Diabetes

- Unusual thirst and hunger
- Unusual weight loss
- Frequent urination
- Frequent infection
- Sudden vision changes
- Slow healing of cuts or bruises
- Tingling or numbness in the hands or feet
- Often Type 2 diabetes has no symptoms

Risk Factors

You may be at risk for diabetes if:

- You are 40 or older
- You have a family history of diabetes
- You have high blood pressure
- You do not exercise regularly
- You are overweight
- You are Native American, Hispanic American, African American, Asian American, or Pacific Islander
- You had gestational diabetes. Women who had diabetes during pregnancy have a 30% to 65% chance of developing diabetes in the next 10-20 years
- You are a woman who has had a baby weighing more than nine pounds at birth.