



Banner Health

## Cardon Children's Medical Center

### *Diabetes Program*

Cardon Children's Medical Center knows that a diagnosis of diabetes in a child can be very stressful for families. Not only do you have to cope with a life-long disease, you also have to learn how to safely care for your child. We are here to help. Cardon Children's Medical Center offers comprehensive inpatient and outpatient programs, and support groups.

#### Outpatient Care

Our diabetes program is customized to fit your needs. The sessions are individualized, and include time with a pediatric diabetes educator and pediatric registered dietitian.

**How it works:** Ask your family doctor or endocrinologist for a referral. Forms are available for your doctor by calling (480) 412-7712 or by visiting [bannerhealth.com/cardonchildrens](http://bannerhealth.com/cardonchildrens) under Diabetes/Endocrinology.

Once we have your referral, call (480) 412-7712 to make an appointment. You will then be enrolled in our Diabetes Education Program, which includes several one-on-one sessions with nutrition and diabetes experts.

#### Program topics include:

- **Introduction to diabetes:** What is diabetes?
- **Treatment:** How insulin works and how to give it safely.
- **Nutrition:** How to read food labels, count carbohydrates and eat healthy.
- **Maintenance:** How to check your blood sugar, and how to handle highs and lows.

- **Advanced training:** Training and/or updating skills for insulin pumps. Learning new ways to treat diabetes and more.
- **Physical activity:** How to exercise safely and improve your health.
- **Life with diabetes:** How you can live a normal, active life at school and home. We work with school health professionals to assist in managing diabetes at school.





## Inpatient Care

If your child is admitted to Cardon Children's Medical Center, our team of health care providers is here to assist you during your stay:

- **Endocrinologists:** Physicians who specialize in diabetes care
  - **Diabetes educators\*:** Nurses who are specially trained to care for children with diabetes
  - **Registered dietitians:** Experts in diabetes nutrition
  - **Social workers:** Professionals who work with families to cope with diabetes
  - **Case managers:** Professionals who can help answer questions about insurance and ordering medical supplies
  - **Child Life Specialists\*:** Specially trained professionals who work with children to decrease worries about treatment and disease.
- \* Our program includes visits by diabetes educators and child life specialists to children's classrooms to educate classmates and teachers about diabetes.

## Support Groups

**Families:** Our purpose is to help families cope with the challenges of diabetes, through interaction with other families and various educational topics.

**Teens:** Teens get to meet other teens with diabetes in a fun, activity-oriented group.

If you would like to join a support group or join a mailing list to hear about activities and events, contact a diabetes educator by calling (480) 412-4557.

## Physician Referral

Physician referral is needed to participate in our diabetes program.

To obtain a referral form, call (480) 412-7712 or visit [bannerhealth.com/cardonchildrens](http://bannerhealth.com/cardonchildrens) under Diabetes/Endocrinology.