



# Banner Health Clinic

## Living Well with Diabetes

### Self-Management Out-patient Program

#### Comprehensive Diabetes Group Classes

- General Facts about Diabetes
- Medication administration, dose, and action
- Hypo and Hyperglycemia
- Travel Guidelines
- Understanding Labs
- Carbohydrate Counting
- Recipe Modification
- Self blood glucose monitoring
- Cardiac Health
- Self-foot examination
- Exercise and Weight
- Meal Planning
- Eating/Dining Out
- Prevention/Treatment of Complications
- Relationship of nutrition, exercise, medications & blood glucose levels

#### Gestational Diabetes Education

- General Facts
- Hypo & Hyperglycemia
- Carbohydrate Counting
- Kick Counts
- Healthy Weight Gain
- Diabetes Screening
- Prevention/Treatment of Complications
- Relationship of nutrition, exercises, medications & blood glucose levels
- Self blood sugar monitoring
- Meal planning
- Ketone Monitoring
- Exercise
- Post-partum follow-up
- Family Planning
- Medication administration, dose, & action

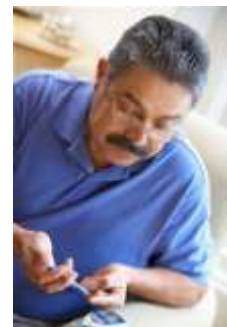
#### Individual Education Training

##### Nutrition Management

##### Insulin Self Adjustment Management (Carbohydrate to insulin ratios)

##### Pattern Management

##### Management of Diabetes during Pregnancy (Pre-existing type1 or type 2 Diabetes)



**Ask your physician to fax a referral and insurance authorization to 378-4304  
or call 392-2344 for more information.**