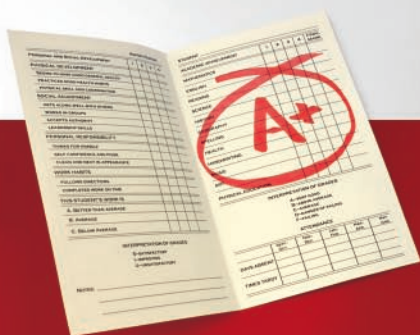


Diabetes
Education



Keeping Diabetes IN Check



WILMINGTON
HEALTH

Wilmington Health Diabetes Education can help you learn to live with diabetes.

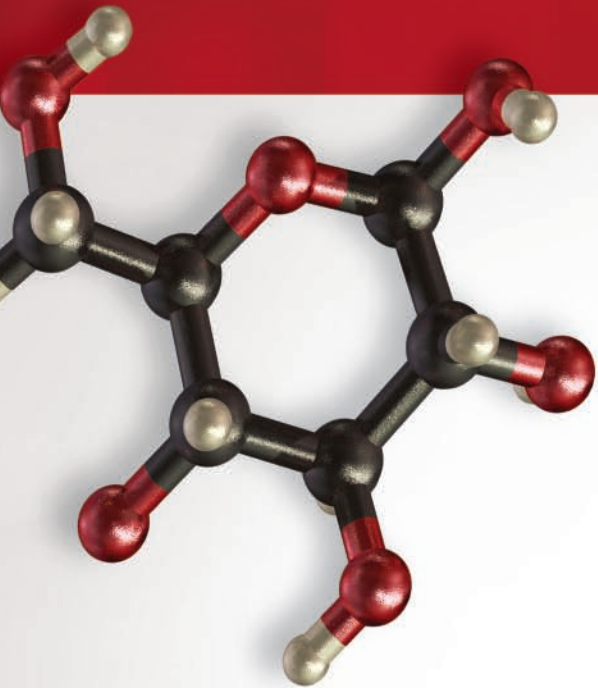
W E ARE PLEASED to offer Diabetes Education for adult patients with **Type 1 and Type 2 diabetes.**

Diabetes Education has been recognized by the American Diabetes Association for Quality Self-Management Education.*

With a referral from your physician, you can take part in monthly classes taught by Certified Diabetes Educators. Through Diabetes Education, you can learn how to manage diabetes complications, monitor medications, cope with stress, plan meals, read nutrition labels, dine out, and much more. Plus, classes are covered by most insurance companies including most Medicare plans.



**The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.*



Key Tests and Exams for Patients with Diabetes

There are a number of tests and exams you should have at least once a year.

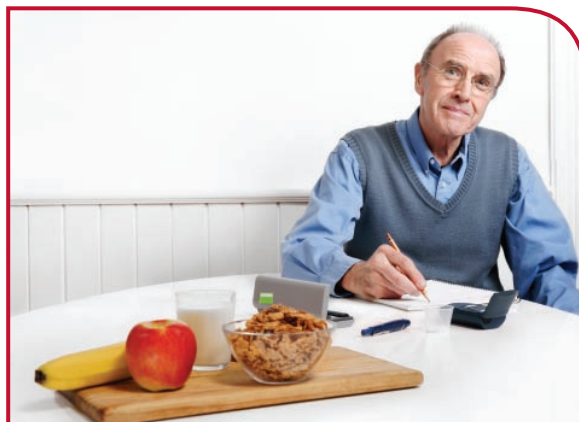
- HgI A1C at least twice per year
- Dental exam at least twice per year
- Dilated eye exam at least once per year
- Foot exam at least once per year
- Cholesterol and lipids check every year
- Urine microalbumin check every year
- Blood pressure at each regular diabetes checkup
- Weight at each regular diabetes visit
- EKG at least once per year
- Flu shot once per year

Diabetes Education can help you understand why these tests are so important to your health.

Diabetes Education Topics

Wilmington Health Diabetes Education offers a series of classes (recognized by the American Diabetes Association). **To find out when these classes are held, please call 763.6332.**

- Understanding the Diabetes Disease Process
- Types of Diabetes
- Blood Sugar Targets
- Understanding How Insulin Works
- Signs and Symptoms, Causes and Treatment of Hypoglycemia
- Signs and Symptoms, Causes and Treatment of Hyperglycemia
- Understanding Diabetes Medications
- Understanding A1C Results
- Benefits of Physical Activity
- Reducing Long-Term Complications
- Sick Day Guidelines
- Basic Nutrition—Recognizing Carbohydrates, Basic Carb Counting, How Carbs Affect Blood Sugars, and Reading Food Labels



Symptoms of High and Low Blood Sugar

Hyperglycemia occurs when your blood sugar is higher than normal. Here are the symptoms to look for:

- Gradual onset of symptoms
- Sleepiness
- Excessive thirst
- Frequent urination
- Nausea, vomiting
- Blurry vision
- Slow healing wounds or infections
- Sudden weight loss
- Dry mouth or skin

Hypoglycemia happens when your blood sugar is too low. Here are the symptoms to look for:

- Sudden onset of symptoms
- Weakness or tiredness
- Nervousness or irritability
- Confusion and/or disorientation
- Hunger
- Sweating
- Dizziness or shaking
- Blurred vision
- Headache

To find out how to prevent hyperglycemia or hypoglycemia, check out one of the classes offered by Wilmington Health Diabetes Education. **Ask your physician to fax a referral to 910.341.1900.**

Wilmington Health Diabetes Education

Talk to your physician about a referral for Diabetes Education. Or if you'd like to check out our classes, give us a call today!

**Physicians Drive
1500 Physicians Drive
Wilmington
763.6332**