

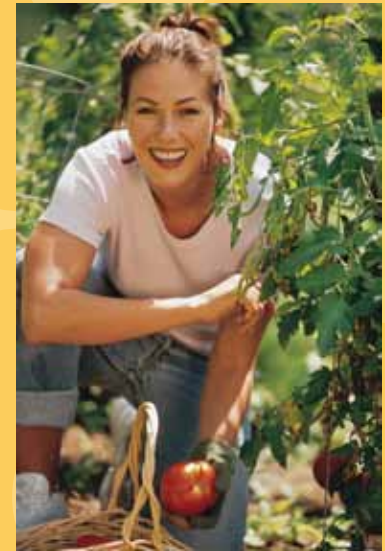
Getting Started

- ❖ If your primary care provider (PCP) is within the UCH system ask them to refer you to the diabetes education program. They can enter an electronic referral. A scheduler will call you and set up your first visit.
- ❖ If your primary care provider (PCP) is outside of the UCH system, please call 720-848-2650 and a scheduler will fax a request for a referral to your PCP. Please be ready to provide us with your contact information, your insurance information, PCP's name, phone and fax number.
- ❖ If you see an endocrinologist at UCH, call 720-848-2650 to schedule an appointment with a diabetes educator.

To register or find out more information:

Endocrinology, Metabolism and Diabetes Practice
Diabetes Education Classes
720.848.2650

Learn to Live Well with Diabetes



University of Colorado Hospital

ANSCHUTZ MEDICAL CAMPUS



University of Colorado Hospital

ANSCHUTZ MEDICAL CAMPUS

The Answers You Need

Diabetes management can be complex. Your provider may have prescribed several medications, asked you to check your blood glucose levels with a meter, and encouraged you to change your lifestyle habits. Your family members may be offering advice about the foods you should eat. A magazine article may mention the importance of checking your feet and getting a flu shot every year. Where do you start? How do you know what is best?

Diabetes self-management education allows you to acquire the knowledge and skills you need to live well with diabetes. Whether you are newly diagnosed or have been living with diabetes for several years, various aspects of your care can become overwhelming.

Diabetes educators can help you and your family members understand all the components of your daily care. Diabetes educators specialize in the day-to-day management of diabetes. They can help explain how your medications work, assist you in making lifestyle changes you can live with, explain what all the numbers mean, and ultimately help you learn how to live your life while optimally managing your diabetes. We see adults with all types of diabetes, and we look forward to meeting you!

A Personalized Program

Our program at the University of Colorado Hospital is recognized by the American Diabetes Association (ADA) meaning it meets certain quality criteria. The program begins with a one-hour visit with a diabetes educator. During this visit the educator will get to know you, answer your questions, and do a knowledge check to determine how to assist you in meeting your goals. You can bring a family member or support person with you. Also, please bring a list of medications you are taking, your blood glucose meter (if you have one), and a record of what you have been eating and drinking for three days. This will help the educator tailor a plan to meet your individual needs.

Group Classes

After meeting with an educator, program participants can then attend three to four group classes on a variety of topics.

Diabetes Management Update (3 hours)

- ✦ *What is diabetes?*
- ✦ *What do my medications do?*
- ✦ *Why and when should I check my blood glucose levels?*
- ✦ *What do the numbers mean?*
- ✦ *What is a low blood glucose level and what do I do if I have one?*
- ✦ *What causes my blood glucose level to go up?*

Healthy Eating (2 hours)

- ✦ *What is a calorie?*
- ✦ *What is a carb?*
- ✦ *How do I count carbs?*
- ✦ *What does "healthy eating" really mean?*
- ✦ *What is the difference between all the types of fat?*
- ✦ *What about salt?*
- ✦ *How do I read a food label?*
- ✦ *Can I still enjoy my favorite foods?*

Diabetes Wellness (2 hours)

- ✦ *What are all the tests my provider does?*
- ✦ *What should the numbers be and how do I get there?*
- ✦ *How do I start a physical activity program I can stick to?*
- ✦ *How does stress impact my blood glucose levels?*
- ✦ *What do I do if I get a cold or an infection?*

Individualizing Insulin (2 hours)*

- ✦ *What is basal insulin?*
- ✦ *What is bolus insulin?*
- ✦ *How do I use a carb to insulin ratio?*
- ✦ *How do I use a correction factor?*
- ✦ *How do I adjust my insulin for high fat foods?*
- ✦ *How do I adjust my insulin for exercise?*
- ✦ *How do I fine tune my insulin regimen?*
- ✦ *Am I ready for an insulin pump?*

**For people taking 4 or more injections of insulin daily or using an insulin pump.*

Advocates For Your Health

You're not on your own. Your diabetes education and support will continue after you complete our classes. Participants receive:

Follow-up visits

You can meet with an educator to address any other questions or concerns that you may have after attending classes or to tailor a plan for your diabetes management.

Four locations

We have diabetes education services at four convenient locations throughout the Metro area.

Communication

We will communicate with your primary care provider (PCP) or endocrine physician about your plan of care, your progress, and your concerns. Diabetes educators are your advocates.

Insulin Pump Therapy

If you see an endocrine provider at University of Colorado, then you may be eligible for an insulin pump. An educator can help you choose the right device, discuss insurance coverage, and train you on the use of your pump.

Continuous Glucose Sensors

If you see an endocrine provider at University of Colorado then you may be eligible for blinded evaluation of your blood glucose control using a continuous glucose sensor device that tracks your glucose levels every 5 minutes for 5 days. This state-of-the-art technology provides both you and your physician the ability to fine-tune your diabetes therapy easily and safely. In addition, you may want to consider an at home device. An educator can help you choose the right device, discuss insurance coverage, and train you on the use of a sensor.