

Gestational Diabetes Counseling



As part of the Diabetes Self-Management Program, SRMC also provides individual counseling for women who develop Gestational Diabetes during their pregnancy. Provided by a Registered Nurse and Registered and Licensed Dietitian, the counseling

includes instruction on testing blood sugar levels and recording the results; as well as healthy meal planning to achieve and maintain blood sugar level goals.

Enrollment and Health Plan Coverage

A physician's referral is required to participate in the Adult Diabetes Self-Management Program or Gestational Diabetes counseling. The cost of these programs is covered by most insurance plans and Medicare.

For additional information, call SRMC's Diabetes Educator at 330-332-7848, Monday – Friday, from 7 a.m. – 3:30 p.m.



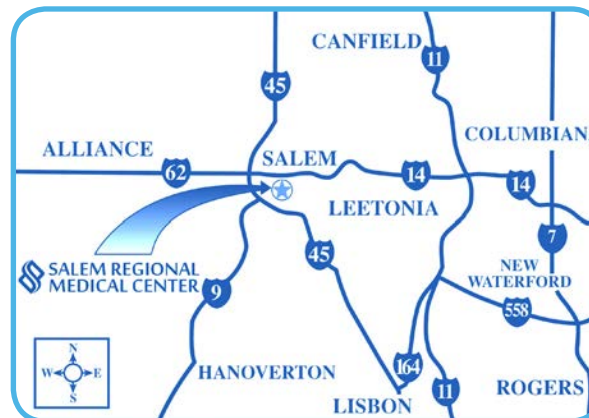
For more information

To learn more about SRMC's Diabetes Self-Management Program, including program dates and times, please contact our Diabetes Educator:

Phone: 330-332-7848

Fax: 330-337-2866

Hours: 7 a.m. – 3:30 p.m., Weekdays



**1995 East State Street
Salem, OH 44460**

www.salemregional.com

Adult Diabetes Self-Management Program

Diabetes? We Can Help.



 **SALEM REGIONAL
MEDICAL CENTER**
Doctor driven healthcare.

Whether you recently learned that you have diabetes, or have been living with this condition for years, you may have questions or concerns about your diagnosis.

Types of Diabetes:

- ◆ **Type 1** diabetics cannot produce insulin, a hormone needed to convert food to energy.
- ◆ **Type 2** diabetes is the most common form of the disease. Type 2 diabetics cannot use insulin properly.
- ◆ **Gestational** diabetes occurs during pregnancy.

Salem Regional Medical Center's (SRMC) Adult Diabetes Self-Management Program provides the knowledge, support and skills needed to help patients with Type 1, Type 2 or Gestational Diabetes better understand and manage their disease. Our program is nationally

recognized by the American Diabetes Association, for high-quality diabetes self-management education.



Living with Diabetes



Nearly 30 million children and adults, or 9% of the United States population, have diabetes. This condition affects how your body uses glucose, or blood sugar, which is the body's primary source of energy.

People with diabetes have too much glucose in their blood, which can lead to serious health complications such as heart and blood vessel disease; eye problems; kidney disease; and problems with the feet and nerves.

How the Adult Diabetes Self-Management Program Can Help

One of the keys to successfully controlling diabetes is knowledge. Instructed by a Registered Nurse and Registered and Licensed Dietitian, SRMC's program helps patients understand, monitor and self-manage their diabetes, with the goal of improving their health and quality of life.

Program Features

The Diabetes Self-Management Program includes a series of three group classes providing comprehensive diabetes education, with each session lasting approximately three hours. Individual counseling is provided on an as needed basis.

Class topics include:

- ◆ Effects of diabetes on the body
- ◆ Meal planning
- ◆ How and when to monitor blood sugar
- ◆ Diabetes medications
- ◆ Activity and exercise
- ◆ Problem solving

Family members and support persons of participants in the program are welcome to attend the classes.

