

Diabetes Education

SERVICES

Major Types of Diabetes

Type 1 diabetes is usually diagnosed in childhood. The body makes little or no insulin, and daily injections of insulin are needed to sustain life.

Type 2 diabetes is far more common than type 1 and makes up most of all cases of diabetes. It usually occurs in adulthood. The pancreas does not make enough insulin to keep blood glucose levels normal. Many people with type 2 diabetes do not know they have it, although it is a serious condition. Type 2 diabetes is becoming more common due to the growing number of older Americans, increasing obesity, and failure to exercise.

Gestational diabetes is high blood glucose that develops at any time during pregnancy in a woman who does not have diabetes.



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You're dealing with diabetes. We'll help put you in control.

Whether you've been recently diagnosed or have had diabetes for many years, we can help you create an individualized plan to successfully self-manage the disease and its related conditions.

Our Certified Diabetes Educator will work with patients and families to help create a customized diabetes self-management plan that meets your needs based on age, activities, family demands, school or work schedules, eating habits, and other physical, emotional, or social limitations.

We can teach you how to make informed lifestyle changes and incorporate healthier choices into your day-to-day life.

For more information about our Diabetes Education Program, contact our Coordinator of Diabetes Services at 920-623-1244 or 800-549-7511.

Since 99% of diabetes is self-care, self-management education is crucial. *We can help.*

Upon entering into our program, we'll take you through an initial one-on-one assessment with our Certified Diabetes Educator. We take the time to get to know you and your medical situation. We also gain an understanding of your knowledge on diabetes and identify any areas for improvement. Working together, a customized and realistic diabetes self-management plan is created just for you.

Our program also includes self-management classes where you will receive the latest information on a variety of topics:

- Diabetes education
- Effects of diabetes on your body
- Meal planning, shopping, and eating out
- How and when to monitor blood sugar
- Medication usage
- Activity and exercise
- Stress management
- Problem solving
- Preventing long-term complications
- Wound treatment
- Dealing with emergency situations

We'd like to encourage you to bring family members and loved ones to participate in our program with you. Family involvement increases success in following your self-management plan and managing this disease.

A referral from your primary care physician is necessary in order to participate in our Diabetes Education Program.

Diabetes self-care does not mean you're on your own. *We take the team approach.*

Working alongside primary care physicians, pharmacists, dietitians, podiatrists, and other healthcare professionals, our Certified Diabetes Educator creates a diabetes care team that ensures you receive the highest in quality care right here at home.

It's important to remember that you are not alone with your diabetes. We'll help you build an entire team of professionals, family, and friends who will offer guidance and support. We also create opportunities where you can meet and relate to other people who are going through the same experiences that you are. Your team is focused on helping you successfully treat and manage your diabetes.

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Risk Factors

There are many risk factors for diabetes and approximately 54 million Americans have pre-diabetes. The American Diabetes Association recommends that all adults over age 45 be screened for diabetes at least every three years. A person at high risk should be screened more often. Risk factors for diabetes include:

- A blood relative with diabetes
- Obesity
- Age greater than 45 years
- Some ethnic groups (particularly African Americans, Native Americans, Asians, Pacific Islanders, and Hispanic Americans)
- Gestational diabetes or delivering a baby weighing more than 9 pounds
- High blood pressure
- High blood levels of triglyceride (a type of fat molecule)
- High blood cholesterol level
- Not getting enough exercise

