

How can this program help me?

- Provide you with tools and resources to help you manage and control your diabetes
- Increase your understanding of signs and symptoms of diabetes
- Learn how to monitor and control your blood sugar
- Learn about the lab tests your provider may check to monitor your diabetes
- Discover ways to help balance your nutrition and activity
- Find out how eating habits affect diabetes and blood sugar control
- Gain understanding of complications of diabetes

For more information about our diabetes classes, please contact:

Linda Roy, Station #11
Mon-Fri 8:00 am - 3:30 pm
734-845-3814

Or log on to the My HealthVet web site: www.myhealth.va.gov

VA Ann Arbor Healthcare System
2215 Fuller Road
Ann Arbor, MI
(734) 769-7100 or
Toll Free 1-800-361-8387



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PHEAC January, 2010
Revised: July, 2011

Unraveling the Mystery of Managing Diabetes

Diabetes Self Management Classes



 VA Ann Arbor
Healthcare System

Ann Arbor ♦ Flint ♦ Jackson ♦ Toledo

Recently diagnosed with diabetes?

If you are recently diagnosed with diabetes there is a lot to learn about managing the disease. This includes:

- learning good eating habits
- increasing activity
- making small changes in your lifestyle to help control the disease

You also may be asked to:

- test your blood
- keep blood sugar logs
- take pills for your diabetes and/or inject yourself with insulin.

This class offers basic education, tools and resources that will help you better manage diabetes. During the 4 week class, participants are offered a field trip to our cafeteria with the dietitians to practice carbohydrate counting and making healthy food choices.

What topics are offered?

Diabetes 101

- What is diabetes?
- Signs & symptoms
- Blood sugar - normal vs. abnormal
- What are the ABC's?
- Blood sugar testing
- Healthy eating/Food pyramid

Managing Diabetes

- Medications
- Importance of activity
- Counting carbohydrates
- Reading food labels

Coping with Diabetes

- Stress management
- Eating out/Special occasions
- Alcohol use

Preventing Complications

- Heart disease
- Foot care/neuropathy
- Sexual health
- Kidney and eye concerns
- Dental care
- Sick days

Who teaches the classes?

All classes are taught by a team of healthcare professionals including: nurses, dietitians, pharmacists and psychologists.

When are the classes offered?

There are two options:

- The 90 minute classes are scheduled on the first through the fourth Thursday of the month from 1:30 pm - 3:00 pm
- An all day class which meets 9:00 am - 3:00 pm

Reservations are required due to limited seating and dates vary.

If I'm interested in taking a diabetic class who do I need to talk to?

If you are recently diagnosed with diabetes and would like to learn more about self management talk to your provider or primary care team who can refer you to our program, if appropriate.