

WE KNOW THAT WELL-BEING IS STRENGTHENED BY POSITIVE ATTITUDE, ACTION, AND KNOWLEDGE. WE HOPE OUR OFFERINGS ASSIST YOU ON YOUR PATH TO A HEALTHY LIFESTYLE.



Your Diabetes Education Team

The diabetes educators, which consist of the nurse educator, dietitian and pharmacist, work with your health care provider to assure that you understand your diabetes and that you have the tools and knowledge to manage your Type 1, Type 2 or gestational diabetes. This program does NOT replace your provider, but rather it provides support and education to enhance your self-management regimen for diabetes.

For more information or to schedule a visit, please call :

- Tammy Meier, RN (308) 254-7268
Ext. 1812
- Marci Rosenberg, MS, RDN, LMNT

The SRMC Diabetes Education Program is recognized by the American Diabetes Association and approved by Medicare.

National Diabetes Statistics Report, 2014

Total: 29.1 million people or 9.3% of the US population have diabetes.

Diagnosed: 21.0 million people

Undiagnosed: 8.1 million people

Pre-diabetes: 86 million people

New Cases: 1.7 million new cases of diabetes are diagnosed in people aged 20 years and older each year.

Deaths: Diabetes was the seventh leading cause of death listed on U.S. death certificates in 2010. This ranking is based on the 69,071 death certificates in 2010 in which diabetes was listed as the underlying cause of death.

Co-existing conditions and complications among people with diagnosed diabetes:

- Hypoglycemia and hyperglycemia Crisis
- High blood pressure
- Heart disease and stroke
- Blindness
- Kidney disease
- Amputation

Total costs: Diagnosed diabetes (both direct and indirect) in the United States in 2012 was estimated to cost \$254 billion.

Data from the 2014 National Diabetes Statistics Report, CDC.gov

HEALTH AND WELL-BEING MADE SIMPLE.

YOUR PARTNER IN DIABETES EDUCATION



This institution is an equal opportunity employer and provider.

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YOUR PATH TO A **HEALTHY** LIFESTYLE.

Your Partner in Diabetes Education

Whether you just learned you have diabetes or you've lived with it for many years, the more you know about your condition, the better able you'll be to control it and enjoy a healthy life.

The Sidney Regional Medical Center's Diabetes Education Program offers you the educational resources, to help you successfully manage your diabetes and reduce the risk of complications. Our certified diabetes educators provide an extensive range of individuals and group education..

The program covers:

- Patient assessment (prior knowledge/perception of diabetes)
- Glucose monitoring
- Medications and their effectiveness
- Nutritional management
- Importance of physical activity in controlling blood sugars and weight management
- Managing sick days and diabetes
- Acute complications (hypoglycemia and hyperglycemia)
- Long term complications of diabetes, how to minimize or prevent
- Setting behavioral goals (for nutrition, physical activity or weight management)

Take Control of Your Diabetes

Learning as much as you can about nutrition, exercise, medication and monitoring is a critical part of taking control of your diabetes. Our diabetes educators work together with you and your doctor to create an individualized comprehensive education program.

We're here to help you learn more about:

- Meal planning
- Exercise
- Managing stress
- Insulin administration

To Registration

Participation in this program requires a referral. Before you register for a appointment you'll need to:

- Ask your physician to send us a referral form
- Check with your insurance provider about diabetes education coverage; be sure to tell them it's billed through SRMC

Referrals can be faxed to 308-254-5003. When we receive your referral, we'll call you to make an appointment.

Your Diabetes Education Appointments

You will meet individually with a nurse and a nutrition educator or attend group classes taught by our diabetes educators and a pharmacist. We encourage you to bring along your spouse, relative or friend for support. We'll communicate with your physician after your appointment to start a diabetes self management plan for you.



Diabetes Education

Taught by registered nurses and dietitian, our education included:

- Diabetes education
- Gestational diabetes
- Pre-diabetes education
- Assessment of diabetes control with insulin
- Support group
- Medical nutrition therapy
- Blood glucose self-monitoring
- Exercise education

Call 308-254-5825 for more information or visit www.sidneyrmc.com.

