

Outpatient Diabetes Education

Helping You Live with Diabetes



What Is Diabetes?

Diabetes is a condition in which the amount of glucose (sugar) in your blood is above normal. Prediabetes is a condition where blood sugar is above normal but not yet high enough to be diagnosed as type 2 diabetes. The primary types of diabetes are type 1, type 2 and gestational (pregnancy-related) diabetes. While some cases of diabetes have a strong family (genetic) link, others don't. Lifestyle can and does influence the development of prediabetes and type 2 diabetes; both can occur at any time in your life. Once diabetes (type 1 or type 2) is diagnosed, it is managed rather than cured.

Diabetes Risk Factors and Symptoms

You run a greater risk of developing prediabetes and type 2 diabetes if you have even one of these risk factors:

- A family member with diabetes
- Don't exercise regularly
- Overweight
- Age 45 or older
- History of heart disease
- Take certain medications
- Are a woman with polycystic ovary syndrome
- History of gestational diabetes or have given birth to a baby 9 lbs. or larger

More than 34 million Americans have diabetes, and 88 million more are at risk for developing type 2 diabetes within the next 10 years or less, due to having prediabetes. BayCare has a variety of comprehensive, quality diabetes education services and diabetes prevention programs to help ensure you and your loved ones have the best information and care possible to manage your health.

Symptoms of diabetes, though not always experienced, can include one or more of the following. If you have any of these symptoms, contact your health care team for a medical assessment:

- Feeling thirsty
- Frequent urination
- Upset stomach (nausea/vomiting)
- Feeling tired/fatigued
- Blurred vision
- Unexplained weight loss

Controlling Blood Glucose, Cholesterol and Blood Pressure

It's important to have blood glucose (blood sugar), cholesterol and blood pressure numbers within medically recommended ranges. Your health care team can help determine the best and safest target goals for you based on your current health condition and specific health needs. Weight management is also very important to support good health. Before meeting with your diabetes education team, plan to keep a daily diary of what you eat and drink, including all liquids and snacks, so your meal plan can be reviewed and tailored to your needs.

Resources for a Healthier Life

Your Diabetes Team

BayCare's education team includes registered nurses and registered dietitians who are Certified Diabetes Care and Education Specialists (CDCES). These team members have specialized knowledge and training that allows all aspects of diabetes management and prediabetes interventions to be fully addressed. When they meet with patients, an individualized support plan will be developed to address health goals.

Diabetes Education

Studies show that diabetes education helps people with diabetes lower their blood sugar, blood pressure and cholesterol which, if not properly managed, increases the risk of serious health complications. It encourages problem-solving and ways to cope with diabetes effectively. It also teaches important skills to those living with a chronic health condition such as diabetes.

Agreement among the American Diabetes Association, the Association of Diabetes Care & Education Specialists (ADCES), and the Academy of Nutrition and Dietetics identifies four important times during your life to learn, review and adjust diabetes self-management education and support:

1. When you're newly diagnosed with diabetes
2. Annually to update your understanding of diabetes, and to learn more about maintaining your health and preventing complications. This annual update can provide support and reinforce healthy changes made.
3. When a serious health problem or medical change occurs, such as kidney disease and stroke, change in vision or physical ability (dexterity), unexplained low or high blood sugar, need for steroid medication or other drugs that can affect blood sugar levels
4. When life changes occur, such as when an age-related change affects a person's ability to take care of his/her own health, a change in living situation (e.g., now living alone or outside the normal home), a change in the health care team or insurance coverage that causes medical treatment changes

Diabetes in the United States

Diabetes



37 million people have diabetes.



1 IN 5

don't know they have diabetes.



That's about one in every 10 people.

Prediabetes



96 million American adults – more than one in three – have prediabetes.



MORE THAN
8 IN 10

adults with prediabetes don't know they have it.

Source: Centers for Disease Control and Prevention (CDC.gov)

The Goal of Diabetes Self-Management Education and Support Programs

Diabetes self-management education and support helps people and their loved ones make informed lifestyle and health management decisions that can improve their health and quality of life. BayCare diabetes education services focus on:

- Healthy eating
- Being active
- Problem-solving
- Blood sugar monitoring
- Healthy coping
- Taking medication
- Reducing risks

BayCare's Diabetes Self-Management Education and Support programs are accredited/recognized by the Association of Diabetes Care & Education Specialists (ADCES) or the American Diabetes Association (ADA). With a physician referral, most insurance providers, including Medicare, offer covered services. Check your insurance for any out-of-pocket costs, such as copays and deductibles. If you don't have insurance or have a plan that doesn't cover outpatient diabetes education, call the diabetes center nearest you (see the back of this brochure) to see if special assistance is available to you.

A Variety of Services

Diabetes and prediabetes education and support services are offered throughout BayCare and vary by location, day of the week and time. Review the list of diabetes centers included in this brochure to find a location near you, and call to learn more about the services offered. Services include:

- Comprehensive diabetes self-management education and support group classes
- One-on-one diabetes self-management education and support sessions with education staff
- Annual (ongoing) diabetes education and training support services
- Medical nutrition therapy (individualized meal planning with registered dietitian)
- Pregnancy and diabetes and gestational diabetes self-management counseling
- Prediabetes education and type 2 diabetes prevention lifestyle support programs
- Glucose meter instruction
- Diabetes medication instruction (includes training on device to assist with drug administration)
- Insulin pump support (beginner and advance skill training)
- Diabetes in children (comprehensive services offered at St. Joseph's Children's Hospital in Tampa and St. Joseph's Children's Specialty Center in Safety Harbor)

Free diabetes community lectures and support group meetings are also offered throughout the year and vary by location. Call a center near you for more information.



There are several things you can do to promote good health before you see your diabetes educator. The first step is to follow a healthy meal plan that controls calories and includes healthy carbohydrate, protein and fat choices. Start your day with breakfast, and follow a schedule that spaces planned meals and snacks (if needed) to avoid going more than four to five hours without eating; this can help control blood sugar and your appetite throughout the day. Other tips to consider:

- Limit concentrated sources of sugar until you learn how to include them in your meal planning. These include desserts and sweetened drinks, such as regular sodas, sweet tea, sports drinks and fruit juice.
- Milk, yogurt and fruit contain natural sugars, so be careful to control your serving sizes and spread them out in your meals and snacks.
- Drink plenty of water throughout the day.

Getting regular physical activity most days of the week, such as taking a brisk 30-minute walk, can also help promote good health and control blood sugar. Start out slowly if you aren't currently active. Check with your doctor before starting any exercise plan.

BayCare Outpatient Diabetes Services

Call for information about online and in-person outpatient diabetes education services or schedule an appointment at one of these convenient locations.

Bartow Regional Medical Center

2200 Osprey Blvd., Bartow
(863) 297-1709

BayCare Medical Group Diabetes Education Center

- Mease Countryside Hospital, 3231 McMullen Booth Road, Safety Harbor
 - Mease Dunedin Hospital, 601 Main St., Dunedin
 - Morton Plant Hospital, 300 Pinellas St., Clearwater
 - Morton Plant North Bay Hospital, 6600 Madison St., New Port Richey
- (727) 298-6935

St. Anthony's Hospital

St. Anthony's Resource Center, 500 Dr. Martin Luther King Jr. St. N., St. Petersburg
(727) 820-7910

St. Joseph's Children's Hospital Diabetes and Nutrition Center

Physicians' Specialty Centers

- St. Joseph's Hospital Medical Arts Building, 3003 W. Dr. Martin Luther King Jr. Blvd., 3rd floor, Tampa
 - BayCare Kids Specialty Center at Mease Countryside Hospital, Mease Countryside Professional Center North, 3253 McMullen Booth Road, Suite 100, Safety Harbor
- (813) 870-4691

St. Joseph's Hospitals

- St. Joseph's Hospital Medical Office Building, 4321 N. MacDill Ave., Suite 201, Tampa
 - St. Joseph's Hospital-North, 4211 Van Dyke Road, Lutz
 - St. Joseph's Hospital-South, 6901 Simmons Loop, Riverview
- (813) 870-4995

South Florida Baptist Hospital

301 N. Alexander St., Plant City
(813) 870-4995

Winter Haven Hospital

Wellness Center, 200 Ave. F N.E., Winter Haven
(863) 297-1709

