



Take Control!

Certified diabetes educators help patients take control of their diabetes. Through individual assessment, vital education and ongoing support, the Holland Hospital Diabetes Self-Management Education Program helps people manage their disease and lead healthier lives.

Our program is certified by the American Diabetes Association®.



Would you like more information?

Our certified diabetes educators and expert team of health care professionals are available to answer your questions. Call Holland Hospital at (616) 394-3273 or (616) 394-3270.

The material contained here is for INFORMATION ONLY and should not replace the counsel and advice of your physician.

Diabetes Self-Management Education Program

Helping you take control of your diabetes

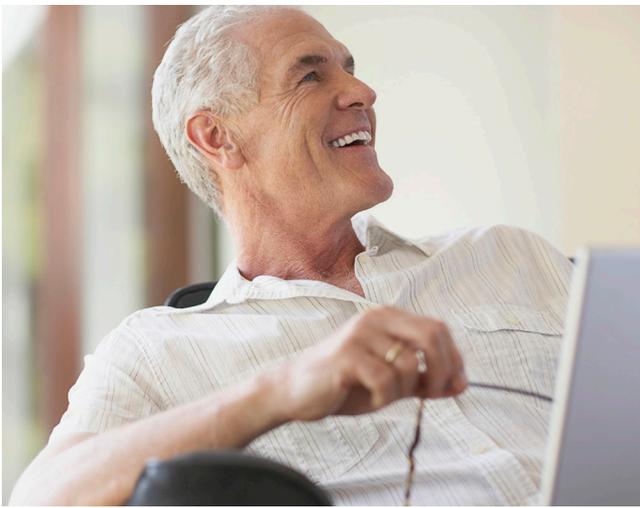


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The Diabetes Self-Management Education Program (DSMEP)

The Diabetes Self-Management Education Program (DSMEP) is for adults ready to learn more about their disease and the tools needed for better diabetes care. Our certified diabetes educators provide comprehensive and ongoing education for successful management of diabetes. Participants may invite one guest to attend with them at no additional cost.

You should participate if you are:

- Newly diagnosed with diabetes.
- Starting a new treatment plan.
- Interested in the latest treatment options.
- Struggling with food choices.

How can I benefit?

By learning how to manage diabetes and make appropriate lifestyle changes, participants can prevent complications and lead healthier lives. Benefits of maintaining proper glucose control:

- Increased energy levels.
- Decreased risk of cardiovascular, eye, foot and kidney complications.
- Improved quality of life.

What can I expect?

The first step is a one-hour consultation with a certified diabetes educator for a comprehensive health history and review of lifestyle habits. Group education is also an integral part of the program.

Group topics include:

- Understanding how diabetes affects the body.
- Food choices, portions and carbohydrate counting.
- Knowing your medications and how they work.
- Benefits of regular exercise.
- Emotional aspects and complications of diabetes.
- Foot care and sick day care.
- Preventive tests and professional consultations.

An individual appointment with a Registered Dietitian is also part of the program.

What else is offered?

In addition, Holland Hospital sponsors free support groups and lectures. Meetings are usually held the first Thursday each month from 6-7 p.m. at Holland Hospital. No registration necessary. Join anytime.

The program also offers:

- Continuous glucose monitoring
- Initiation of insulin therapy
- Intensive insulin management
- Insulin pump therapy
- Gestational diabetes counseling
- Lab and diagnostic testing

How do I get started?

A physician referral is needed to participate. Contact your physician directly, or one of our educators can contact your physician on your behalf to help facilitate your referral.

Will my insurance cover the costs?

Medicare and most other insurance plans generally cover the cost of this teaching program. We encourage you to check with your carrier or benefits department to verify coverage before enrolling in the program.



ABCs of Diabetes

WHAT ARE THE GOALS?

To help control diabetes the National Institute of Health and the American Diabetes Association outline suggested targets and encourage patients to reach these ABCs of diabetes.

- A** Hemoglobin A1C test
- Below 7 to reduce the risk of complications

- B** Blood Pressure
- Below 140/80

- C** Cholesterol
- Total Cholesterol below 200
 - HDL greater than 40 for males and 50 for females
 - LDL below 100