

## Education & Support

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Cumberland Healthcare has a team approach to patient education regarding diabetes. The team includes a registered nurse, a registered dietician, your primary care provider and a pharmacist.

The Diabetic Education Class series consists of four weekly two-hour sessions which meet on a scheduled basis. Prior to group classes, you will meet with a member of the team to evaluate your needs. See schedule below.

Having education in a group setting allows us to learn from each other. We offer individual education if needed; insurance permitting.

You are in control of your health care; if you have not already been referred for education from your primary care provider, ask today to get started.

Some insurances cover the cost of the program. We will help you check with your insurance company.

If you have questions, would like more information or to obtain a current session schedule, please contact the providers below.

We are excited to hear from you!

### CUMBERLAND HEALTHCARE

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## DIABETES SELF MANAGEMENT EDUCATION

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HEALTHCARE**  
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## Diabetic Education

### Topics Discussed in the Program Include:

#### Diabetes Overview

- ◆ Definition of Diabetes
- ◆ Types of Treatment
- ◆ Complications, Prevention and Treatment

#### Lifestyle Modifications

- ◆ Nutrition Treatment Plan
- ◆ Exercise
- ◆ Monitoring Guidelines
- ◆ Goal Setting

#### Medication

- ◆ Types of Medications
- ◆ Action, Purpose and Side Effects
- ◆ Signs and Symptoms

#### Monitoring and use of results

- ◆ Define Self-Monitoring
- ◆ Equipment Usage
- ◆ Frequency and Timing
- ◆ Sick Day Guidelines

#### Foot, Skin and Dental Care

## What is Diabetes?

Diabetes is a chronic disease in which your body does not produce enough insulin or is unable to properly use the insulin that it does produce. Insulin is a hormone that changes sugars, starches and other food into energy that can be used by your body.

When you eat food, it's turned into glucose, otherwise known as sugar, which moves into your bloodstream. Insulin helps the glucose absorb in your body's cells.

Without insulin, glucose is unable to reach your cells and provide the energy you need for daily activities.

When glucose isn't absorbed by your body correctly, it collects in the bloodstream creating high blood glucose levels. Over a period of time, high blood sugar resulting in diabetes can cause complications, such as:

- ◆ Blindness
- ◆ Kidney Problems
- ◆ Heart Attacks
- ◆ Strokes
- ◆ Serious Infections
- ◆ Sexual Dysfunction

### Types of Diabetes

There are three major types of diabetes:

**Type 1 Diabetes:** The body doesn't make the insulin needed for cells to absorb glucose.

**Type 2 Diabetes:** Results from your body failing to properly use insulin that it produces.

**Gestational Diabetes:** Occurs in some pregnancies.

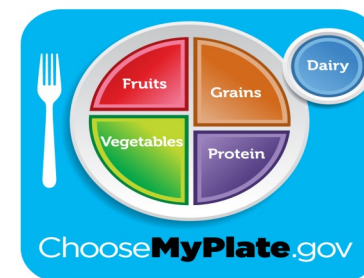
## About the Program

Chronic illnesses, like diabetes, requires continuous medical care and education to prevent complications and reduce the risk of long-term medical problems.

Diabetes is unique among chronic health conditions because treatment depends on the individual's self-management. The importance of the patient's participation in a self-management education program is very crucial in the treatment of diabetes.

To help people learn more about diabetes prevention, control and treatment, Cumberland Healthcare offers community members education and self-management tips to empower themselves to be in control of their health.

The goal of this program is to provide community members with the tools and skills needed to maintain a healthy life. Topics include blood sugar control through self-monitoring, nutrition and exercise habits.



*Meet with our Registered Dietician to understand your food choices.*