



Stony Brook **Medicine**

American Diabetes Association Recognized Diabetes Self-Management Education Program

2019

Mar 7 Class #1 Introduction to Diabetes and Complications

Location: Lobby Conference Room 1

Time: 5:30pm – 7:30pm

What is diabetes?

What are the different types of diabetes?

Which organs are involved in regulation of blood sugar?

The latest research in diabetes

What are the acute and chronic complications of uncontrolled diabetes?

Blood pressure, cholesterol, foot care, eye care, dental care

Hypoglycemia and hyperglycemia

DKA and HHS

Mar 14 Class #2 Monitoring, Medications and Problem-Solving

Location: Heart Center Conference Room

Time: 5:30pm – 7:30pm

How to test blood sugar

Target blood sugars

Keeping a log

Pattern management – what do I do with my results?

Oral and injectable medications

Injection techniques and sharp disposal

Mar 21 Class #3 Physical Activity and Healthy Eating

Location: Lobby Conference Room 1
Time: 5:30pm – 8:30pm

What should I be eating?
How to balance meals
Portion control
Weight loss

Types of activity
Aerobic and anaerobic exercise
ADA guidelines for activity and diabetes

Mar 28 Class #4 Healthy Coping and Reaching Goals

Location: Lobby Conference Room 1
Time: 5:30 – 7:30pm

How to deal with the stress of having diabetes
Overcoming barriers to diabetes self-management

Setting SMART goals
Conquering barriers
Keeping follow-up appointments
Support

*** A referral from your provider is required**

***All participants must schedule a 1:1 assessment with Patty Skala, RN, CDE prior to enrolling in class. To schedule an appointment please call 444-0580 and to obtain more information please call Patty Skala at 444-9954. The assessment appointment is located at the Risk Reduction Clinic, 26 Research Way, E. Setauket, NY 11733.**