



Stony Brook **Medicine**

## **American Diabetes Association Recognized Diabetes Self-Management Education Program**

**2019**

### **May 2 Class #1 Introduction to Diabetes and Complications**

*Location: Lobby Conference Room 1*

*Time: 9:30am - 11:30am*

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

### **May 9 Class #2 Monitoring, Medications and Problem-Solving**

*Location: Lobby Conference Room 1*

*Time: 9:30am – 11:30am*

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

### **May 16 Class #3 Physical Activity and Healthy Eating**

*Location: Deans Conference Room (HSC level 4)*  
*Time: 9:30am – 12:30pm*

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

**May 23 Class #4 Healthy Coping and Reaching Goals**

*Location: Deans Conference Room (HSC level 4)*  
*Time: 9:30pm – 11:30am*

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.**