



# American Diabetes Association Recognized Diabetes Self-Management Education Program

**September 2019**

**Sept. 11 Class #1 Diabetes Basics, Complications, Medications and Monitoring**

*Location: 9 South Conference Room*

*Time: 9:30am - 12:30pm*

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

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

**Sept. 18 Class #2 Physical Activity and Healthy Eating**

*Location: 9 South Conference Room*

*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

**Sept. 25 Class #3 Problem Solving, Healthy Coping, Reaching Goals**

*Location: Lobby Conference Room 1*

*Time: 9:30pm – 12:30pm*

How to test blood sugar

Target blood sugars

Keeping a log

Pattern management – what do I do with my results?

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 M. Gabriela Scharpf, MS, RD, CDE prior to enrolling in class. To schedule an appointment please call 444-0580 and to obtain more information please call M. Gabriela Scharpf at 444-9954. The assessment appointment is located at the Risk Reduction Clinic, 26 Research Way, E. Setauket, NY 11733.**