

# DIABETES AND ENDOCRINOLOGY DIGEST

## QUARTER 2 • 2024

### ANSWER A FEW QUESTIONS...

...to see which class (recognized by the American Diabetes Association) is best for you!

1. When was the last time you had diabetes education?

never                       1-3 years ago

4-7 years ago       >8 years

2. Do you often feel guilty about eating carbohydrates or wonder why certain foods affect your blood sugar more than others?

yes       no

3. Do you often wonder why you may be on multiple medications or how medications affect your blood sugar?

yes       no

4. Do you have questions on treating low blood sugars or high blood sugars?

yes       no

5. Do you have Medicare insurance and want to lose weight (BMI >30)?

yes       no

6. Do you want to lose weight and DO NOT have Medicare insurance (commercial insurance, Medicaid, self-pay)?

yes       no

**If it has been more than 1 year since your last education class, attending another class would be beneficial.**

- If you answered yes on question 2, **Nutrition/Meal Planning** may be the best class for you
- If you answered yes on questions 3 or 4, **Comprehensive Classes** or **Comprehensive Basics** may be the best class for you
- If you answered yes on question 5, **IBT** may be the best program for you.
- If you answered yes to question 6, **SPSR (Shred the Pounds, Shred the Risk)** may be the best program for you.

### Clinic News

Our clinic offers a variety of diabetes education and nutrition classes. Our education classes are certified by the American Diabetes Association and on average, people who attend our classes improve their A1c by 1%! Our classes are focused on evidence based information and promote lifestyle change to improve blood sugar.

Here is a list of our classes with a brief description:

- **Comprehensive Class** – In this 3-part class, you will learn about diabetes, the different types of diabetes, low blood sugar, high blood sugar, how and when to check your blood sugar, blood sugar targets, medications, nutrition and activity and risks and complications of diabetes if uncontrolled.
- **Comprehensive Basics Class** – This 1-part, 2-hour class is a condensed version of our 3-part comprehensive class series. See above for class topics.

- **Nutrition / Meal Planning** – This 2-hour class focuses on lifestyle change and is not a diet class. You will learn realistic, small changes that you can make to improve your blood sugar whether you cook meals at home, eat out frequently or both!
- **Carbohydrate Counting** – This 2-hour class is ideal for people who are on insulin pumps or use an insulin to carbohydrate ratio when dosing insulin. You will learn techniques on how to better count carbohydrates and how to match dosing with your meal time insulin.
- **Gestational Diabetes** – In this 2-hour class for mothers who have gestational diabetes, mothers will learn about the condition, including recommended nutrition.
- **Pre-Diabetes** – This 1-hour class focuses on lifestyle change to prevent or prolong diagnoses of Type 2 Diabetes. Class will discuss what is diabetes, nutrition and activity. Class cost is \$60 and is not typically covered by insurance.



- **SPSR (Shred the Pounds, Shred the Risk)** – This weight management program includes individual visits with a Registered Dietitian to discuss nutrition lifestyle changes. Cost is \$44 per visit.

### Few things to note:

- A referral is needed to attend class – talk with your Provider today!
- A person does not have to be a patient of Hamilton

Diabetes & Endocrinology to attend a class. So share our classes with your family, friends and co-workers. If someone is interested in attending a class, their primary doctor can refer them to class.

- **Most Medicare plans cover for 2 hours diabetes classes + 2 hours nutrition classes each year.** Coverage varies with other insurance coverage.
- Classes are offered in Dalton, Calhoun and Ringgold.



### What to Expect When Coming to Class:

- Most classes will last 2-3 hours
- We encourage you to bring a list of questions that you would like to discuss in class
- We encourage you to bring a support person to attend class with you
- Our classes are certified by the American Diabetes Association and are based on evidence-based research

- Each class will guide you in setting lifestyle goals related to nutrition, activity level, taking medications, healthy coping and reducing risks associated with diabetes
- Classes are led by Certified Diabetes Care & Education Specialists: Dracey Adams (Registered Nurse) and Stephanie Mobley (Registered Dietitian)

**HamiltonHealth.com/diabetes**  
**706.278.1622**