

## Community Involvement

The **Strip Assistance Program** provides coupons for blood glucose monitoring strips to those who qualify financially.

**Scholarships** for Diabetes Education are available to those who qualify financially.

**Support Groups** provide education and an understanding network.

Community based educational programs are offered at various times throughout the year to review management skills and introduce the latest information.

Other activities, such as the *Diabetes Dirt Duathlon* in the summer and the *Diabetes Garage Sale* in the spring are periodically scheduled to promote Diabetes awareness and raise funds to meet community needs.

Instruction also available for:

*Gestational Diabetes*

*Pre-conception/pregnancy care for women with Diabetes*

*Intensive insulin management*

*Insulin pump training*

### Diabetes Self-Management Program

135 North Gould Street  
Sheridan, WY 82801  
Phone: 307-674-1632  
Fax: 307-674-1634



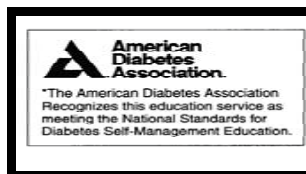
#### Scheduling & Payment

A physician's order is recommended to enroll in the program. We can assist you in obtaining an order. Appointments can be scheduled by calling 307-674-1632.

Medicare and most private insurance companies will pay for diabetes education. Check with your insurance provider to see what is covered under your policy. Financial assistance for education may be available for individuals who qualify.

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The American Diabetes Association's Recognition process is a national voluntary process that formally identifies diabetes education programs that meet National Standards approved by the ADA and numerous diabetes organizations. Over 500 diabetes education programs throughout the country are recognized. In order to qualify, the program must collect data for one year and complete a comprehensive application that evaluates the program's administration and structure, curriculum and educational materials, patient records, follow-up evaluations, and outcome measures.



# Diabetes Education



## The Bridge to Living a Healthy Life

- ▶ Gain confidence and control
  - ▶ Live a healthy life
- ▶ Have the tools and knowledge to successfully self-manage your diabetes



## DIABETES

### What is it?

Diabetes is a serious disease that can affect your whole body. It means that your body is not able to produce and use insulin properly to change your food and the body's own glucose into the energy you need to function. As a result there is more glucose (sugar) in your blood than normal. Left unmanaged, this causes life-threatening complications. Diabetes is one of the leading causes of heart disease, blindness, kidney failure and amputation.

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### Who does it affect?

The Wyoming Prevention and Control Program estimates that more than 29,000 Wyoming residents have diabetes and more than half of these are undiagnosed.

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### What are the risk factors?

- Being overweight
- Not exercising regularly
- Being 65 or older
- Having a baby who weighed more than nine pounds at birth
- Having a sibling or parent with Diabetes

## Diabetes Education

### Goals

Our goal is to educate you and your family to successfully manage diabetes by achieving healthy blood glucose levels. You do this by making lifestyle changes that include diet, exercise, weight management, and checking blood glucose levels regularly. You and your family will also learn to prevent the complications that may develop from diabetes.



### The Role of Diabetes Educators

Being told you have diabetes is never easy. You may feel confused and anxious. When your physician refers you to the Diabetes Program, you will meet with a nurse and dietitian who will tailor a plan to meet your needs through classes and individual sessions. You will learn how to:

- *Make good food choices*
- *Increase activity levels*
- *Monitor blood glucose levels*
- *Understand medications*
- *Cope with the stress of diabetes*
- *Prevent complications*

## Self-Management Team



**Patty Bell-Lewis & Esther Reece**

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### Patty Bell-Lewis, RD, CDE

*Registered Dietician*

*Certified Diabetes Educator*

Education:

**B.S. Foods & Nutrition** —

*San Diego State University, San Diego, CA*

Dietetic Internship —

*Mercy Hospital, San Diego, CA*

**Professional Interests:** Diabetes Management, Insulin Pump Therapy, Pregnancy & Diabetes, Breast Feeding Education

### Esther Reece, RN

*Registered Nurse*

Education:

**A.S. Nursing** — *Sheridan College*

**Professional Interests:** Diabetes Management, Cardiac Rehabilitation