



American Diabetes Association Recognized Diabetes Self-Management Education Program

2018

May 3 Class #1 Introduction to Diabetes and Complications

Location: Heart Center Conference Room – 5th floor Stony Brook Hospital

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 10 Class #2 Monitoring, Medications and Problem-Solving

Location: Lobby 2 Conference Room – 5th floor Stony Brook Hospital

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 17 Class #3 Physical Activity and Healthy Eating

*Location: Heart Center Conference Room – 5th floor Stony Brook Hospital
Time: 9:15am – 12:00pm*

INCLUDES LUNCH

What should I be eating?
How to balance meals
Portion control
Weight loss
Counting carbohydrates during lunch

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

May 24 Class #4 Healthy Coping and Reaching Goals

*Location: Heart Center Conference Room – 5th floor Stony Brook Hospital
Time: 9:30am – 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.**