

## SIGNS AND SYMPTOMS OF DIABETES:

- *Always tired*
- *Frequent urination*
- *Always hungry*
- *Crave extra liquids*
- *Unexplained weight loss*
- *Wounds that won't heal*
- *More infections than usual*
- *Very dry skin*
- *Numbness and tingling of feet  
or hands*
- *Sudden vision changes*

**Brotman**  
Medical Center

Tenet California

Brotman Medical Center  
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# DIABETES OUTPATIENT EDUCATION PROGRAM

Dedicated to  
Monitoring  
and Controlling  
Blood Sugar and  
Tracking Diet

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[www.brotmanmedicalcenter.com](http://www.brotmanmedicalcenter.com)

## LEARNING TO LIVE WITH DIABETES

Brotman Medical Center is pleased to offer a comprehensive educational program designed to help persons with diabetes lead full and active lives. The goals of our program include the following:

- *To provide information and skills for effective self-monitoring and management of diabetes.*
- *To help restore desirable blood sugar levels.*
- *To prevent or minimize health complications associated with diabetes.*
- *To reduce unnecessary hospitalizations and “sick days.”*

### **GROUP CLASSES**

**Saturdays 9 a.m. - 11 a.m.**

Diabetes affects everyone differently. For this reason our program has been designed to meet the individual needs of each person and family with whom we work. All teaching is provided on a one-to-one basis with a diabetes nurse who is certified in diabetes education and is also a registered dietitian.

The Outpatient Diabetes Education program at Brotman Medical Center includes the following services:

- Assessment of self care knowledge and skills
- Nutritional Assessment and Dietary Analysis
- Supervised practice sessions on:
  - Self testing of blood sugar
  - Use of blood glucose monitoring meters
  - Insulin administration
  - Meal planning
- Detailed instruction on:
  - Pathophysiology of diabetes
  - Hyperglycemia & hypoglycemia
  - Diabetes medications
  - Basic diet principles
  - “Sick day” guidelines
  - Alcohol and diabetes
  - Exercise principles
  - Foot care
  - Emergency identification

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## WHO CAN PARTICIPATE?

Our Outpatient Diabetes Education program is available to persons with diabetes. A spouse, parent, or friend is welcome to attend at no additional charge. Educational plans are tailored to meet the needs of the following persons with diabetes:

- Adults
- Newly diagnosed diabetics
- Previously diagnosed diabetics with current changes or problems in management

■ **Please Note:** Non-English speaking persons must provide their own interpreter.

### **Adult Support Group**

*Meets the last Tuesday of  
each month*

To register in a class, please call the Brotman Clinical Education office at:

**(310) 836-7000 ext. 2511**

To attend the support group, please call to be placed on the mailing list.