

## WHAT TO CHECK IF YOU HAVE DIABETES

### Hba1c

Goal is less than 7%

### Blood Pressure

Goal is lower than 130/80

### Cholesterol

Total cholesterol is 200 mg/dL or less

LDL goal is 100 mg/dL or less

HDL goal is above 40 mg/dL for men or  
above 50 mg/dl for women

Triglyceride goal is a less than 150 mg/dL

### Dilated Eye Exam

Helps prevent and detect eye problems

### Foot Exam

Don't forget your own daily foot care and  
inspection

### Dental Exam

Regular cleaning and checkups help prevent  
and detect tooth and gum disease.

### Urine Microalbumin/creatinine ratio

Goal is less than 30

### Flu shot

### Pneumococcal vaccine



Our diabetes education programs offer support during this time of change, and the information you gain can help you meet the challenges you are facing with strength and the ability to continue to enjoy life.



### DIABETES EDUCATION

352 East Riverside Drive, Suite A9, St. George, UT 84790

Phone: 435.251.2888

# DIABETES EDUCATION

"HELPING YOU LIVE WELL"



## EDUCATION ABOUT YOUR DIABETES CAN HELP YOU IMPROVE YOUR QUALITY OF LIFE

Managing diabetes can seem like a difficult task. With the help of Dixie Regional Medical Center's diabetes education programs you can learn to make it a little easier. Participating in diabetes education will give you the tools you need to successfully learn to manage your condition.

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## SERVICES AVAILABLE THROUGH DIXIE REGIONAL DIABETES EDUCATION

- Individual or group education
- Pediatric diabetes education
- Adult diabetes education
- Gestational diabetes education
- Insulin Pump
- Pre-pregnancy counseling
- Continuous glucose monitoring

## IN EITHER AN INDIVIDUAL OR GROUP SETTING, DIXIE REGIONAL'S DIABETES EDUCATION TOPICS INCLUDE:

- Basic overview of diabetes
- Blood glucose monitoring and recommended glucose range
- Diabetes medication and insulin administration and adjustment
- Meal planning and / or carbohydrate counting
- Foot care
- Exercise
- Sick day rules
- Stress management and coping skills
- Goal setting and problem solving
- Intensive management/insulin pump or multiple daily injections
- Preventing, detecting, and treating short and long term complications
- New therapies and techniques
- Counseling for gestational and pregnancy complicated diabetes



## FEES AND INSURANCE COVERAGE

There is a fee for all group and individual instructions. Medicare and most insurance companies have benefits for diabetes education. Check with your insurance provider to find out what they will cover. If you have questions or would like more information call 435.251.2888.

## OTHER DIABETES RESOURCES:

- **“Taking Charge” Class: Call 435.251.2888 to register. Class times vary; please call for a schedule.**
- Diabetes Support Group: Contact PRIME Senior Services at 435.688.4123 for more information
- American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- Intermountain Healthcare: [www.intermountainhealthcare.org](http://www.intermountainhealthcare.org)

