

# Do you have difficulty managing your diabetes?



## What is Diabetes?

Diabetes is a condition where there are higher levels of sugar (glucose) in the blood. Blood sugar levels that stay high can result in heart attacks, strokes, kidney disease, vision changes, and nerve damage.

With Type 2 diabetes or “insulin resistant” diabetes, the body does not use insulin properly or resists insulin, not allowing sugar into the cells where it is needed for energy.

## What are common signs of Diabetes?

The most common signs are: increased thirst, being very tired all the time, increased urination, increased hunger and vision changes.

If you have these symptoms you need to see your healthcare provider. He or she will test to find out if you have diabetes.

## Who is at risk for Diabetes?

A person who:

- has a family history of diabetes
- is overweight
- gets very little exercise
- is over age 40
- is from specific ethnic groups
- is female and had “sugar” problems during pregnancy

## Diabetes Self-Management Education Program

To help people understand and live well with diabetes, Murphy Medical Center has created an educational program about the condition. Group and individual classes are taught by a Certified Diabetic Nurse Educator and certificates are given upon completion of the classes. Family members and friends are also invited to attend.

### Should I attend the classes?

Diabetes self-management education is recommended if you have:

- recently been diagnosed with diabetes
- an A1C greater than 7
- experienced recent complications that required hospital or emergency room treatment
- changed to insulin and need information on carbohydrate counting

### What will I learn?

#### Class 1

- Introduction to diabetes
- Healthy eating
- Being active
- Monitoring blood sugars

#### Class 2

- Taking medications
- Problem solving
- Healthy coping
- Reducing risks

### When are the classes?

Diabetes education classes are held each month at Murphy Medical Center. Classes are held during the day and in the evenings for your convenience.

### What are the benefits of this program?

- Improved self management of diabetes
- Increased self confidence that you are in control/ not the disease
- Increased independence
- Decreased risk of complications
- Healthy choices for life!

### Will insurance cover the cost?

Classes are covered by Medicare, Medicaid and most insurance. Call your insurance company to find out if it covers “diabetes self-management” training.

### How do I sign up?

1. Ask your healthcare provider for a referral.
2. Check with your insurance company regarding coverage and co-payments.
3. Call Murphy Medical Center at (828) 835-3659 to schedule an appointment.



**We can teach you how to create a healthy lifestyle.**

**appointments: (828) 835-3659**

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Diabetes Education  
Accreditation Program

