

# DIABETES CONTINUING EDUCATION

The Center for Diabetes Self-Management Care at Frye Regional Medical Center now offers continuing diabetes education classes designed to supplement our comprehensive course. Conducted by a Certified Diabetes Educator, each one-hour interactive class is \$35 (can submit for insurance) and counts toward Medicare refresher education hours. Patients are encouraged to invite their support person to attend at no extra charge.

## CLASSES OFFERED

### PRE DIABETES

For those who do not have diabetes but have significant risk factors or abnormal blood sugars not high enough to be diagnostic of diabetes.

### BASIC CARB COUNTING

For patients diagnosed with diabetes who have not received instruction in carbohydrate counting or who would benefit from a refresher course.

### ADVANCED CARB COUNTING

For individuals with a basic understanding of carb counting but may need more instruction because they are on intensive insulin therapy or the insulin pump.

### WEIGHT MANAGEMENT

For patients with diabetes who are at risk of gaining weight or who would benefit from weight reduction.

### HEALTHY EATING

Including reducing sodium to control hypertension, reducing saturated fat and cholesterol for optimal lipids, and coping with food intolerances.

### MONITORING AND PATTERN MANAGEMENT

Designed for individuals who are currently not monitoring or who do not understand how to utilize the information from self-monitoring of blood glucose.

### REDUCING RISKS OF CHRONIC COMPLICATIONS

### FOOT AND SKIN CARE

**FOR MORE INFORMATION OR TO REGISTER,  
CALL 828-322-6699.**



**Diabetes Services**  
EXCEPTIONAL CARE, A CENTURY STRONG.