








CERTIFIED DIABETES CARE AND EDUCATION SPECIALISTS

Beaumont's Outpatient Diabetes Education Program is certified by the Michigan Department of Community Health and by the American Diabetes Association for Quality Self-Management Education.

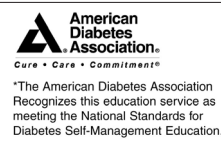
The nurse educators and registered dietitians are certified diabetes care and education specialists.

Locations for outpatient diabetes classes

A diabetes outpatient education referral form signed by your doctor is required to schedule and must be brought to the appointment.

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Beaumont Administration Building
 3711 West 13 Mile Road
 Royal Oak, MI 48073
 248-551-0952
 Fax: 248-551-6236
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Beaumont Hospital, Dearborn
 18101 Oakwood Blvd.
 Dearborn, MI 48124
 313-593-7660
 Fax: 313-593-7662
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Beaumont Hospital, Farmington Hills
 28080 Grand River Ave..
 Farmington Hills, MI 48336
 313-593-7660
 Fax: 313-593-7662
- 
Beaumont Medical Center
 25631 Little Mack, Suite LL-01
 St. Clair Shores, MI 48081
 586-443-7640
 Fax: 586-443-2309
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Beaumont Outpatient Services Center
 44250 Dequindre Road
 Sterling Heights, MI 48085
 248-964-8144
 Fax: 248-964-0850

For more
information visit:
beaumont.org/diabetes



Beaumont

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Outpatient Education **Managing Your Diabetes**



Beaumont

MANAGING YOUR DIABETES PUTTING YOU IN CONTROL

Control is what managing a disease like diabetes is all about. But you can't control what you don't understand. Even if you've managed your diabetes for years, you may still be able to discover new insights. Helping people just like you is the goal of the Outpatient Diabetes Education Program.

YOU WILL LEARN:

- what diabetes is
- treatment options
- how to monitor your blood glucose levels at home and use the information
- meal planning needs
- the effects of exercise and building exercise into your lifestyle
- ways to reduce or prevent complications
- how to understand your medications
- coping skills
- tips for setting goals and behavior changes
- community resources
- answers to your individual questions

CLASS OFFERINGS

For all classes:

- registration and education referral from a physician is required
- fee depends on program choice (check with your insurance carrier regarding possible coverage)
- an additional support person is welcome to attend

TO BE ELIGIBLE

You need a diabetes outpatient education referral form signed by your doctor to schedule and attend outpatient diabetes classes. The referring physician will receive a copy of the educational record with any education recommendations.

CLASSES

Diabetes self-management program

The initial step in the diabetes self-management program is a one hour individual assessment with a registered nurse or registered dietitian. Once the assessment is completed, you will be scheduled for a series of classes for a total of 10 hours of instruction. The classes are held monthly and are offered during the day or evening. Days and times vary by location.

After the 10 hour class series you will have the opportunity to schedule individual medical nutrition therapy with a dietitian for further information on healthy eating and meal planning.

This program includes post-education follow up.

Pre-diabetes education

This visit is designed for individuals who have been diagnosed with pre-diabetes and have a greater risk of developing diabetes. The individual will meet with a registered dietitian to discuss risk factors for diabetes and lifestyle changes to make to prevent or delay developing diabetes.



Gestational diabetes class/impaired glucose tolerance in pregnancy class

This single session class is offered to expectant mothers weekly or on an individual basis based on their physician's orders and learning needs. Days and times vary by location.

Individual instruction

Individual instruction is available for insulin administration, meter instruction and medical nutrition therapy. Please call the location of your choice for more information.