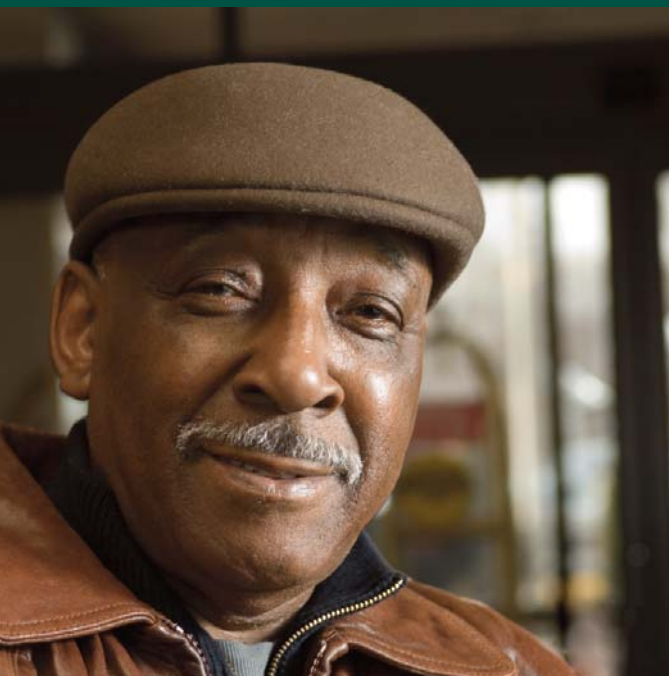


# DIABETES

## Center for Diabetes Education\* at Monmouth Medical Center



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

■ ■ BARNABAS HEALTH  
■ ■ Monmouth Medical Center

## **About the Center for Diabetes Education at Monmouth Medical Center**

According to the American Diabetes Association (ADA), there are more than 18 million people who have diabetes, a chronic disease in which a person's pancreas stops producing insulin, a hormone that enables people to turn food into energy.

The Center for Diabetes Education at Monmouth Medical Center has been awarded the prestigious ADA Education Recognition certificate for a quality diabetes self-management education program. The Diabetes Education Program at Monmouth is certified by the ADA — the largest and most widely known organization in the field of diabetes — as offering quality diabetes self-management education that is an essential component of effective diabetes treatment. Assuring high-quality education for patient self-care and promoting increased knowledge and awareness of diabetes are central components of ADA-approved programs because these enable patients to take more responsibility for the management of their disease. Programs applying for ADA Recognition voluntarily submit to a rigorous review process by experts on diabetes who evaluate each program on its ability to provide patients with a comprehensive individualized education program. Programs that achieve recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management.

Monmouth Medical Center's Diabetes Self Management Series is designed to help individuals manage their diabetes by providing education and continued support in an informal atmosphere conducive to learning. The program — which is taught by registered nurses and dietitians — is designed for those with diabetes who need assistance with meters, nutritional advice with meal planning, and to fully understand the rationale and physiology of the disease. Participants will learn to manage their diabetes and prevent other complications that may occur if diabetes is uncontrolled. Significant others may attend to learn how to help with the management of diabetes.

## About the Classes

Upon completion of the classes, participants will have a better understanding of the pathophysiology of type 1 and type 2 diabetes, how to plan meals, range recommendations for blood sugar, diabetes medications and more. The Diabetes Self-Management Series includes four two-hour sessions facilitated by a nurse and dietitian. Convenient morning, afternoon and evening sessions are available.

Topics explored include:

- Patho/physiology of diabetes
- Monitoring/tracking blood sugar readings
- Treatment modalities
- Macro/micro nutrients
- Meal planning, portion control, dining out, heart-healthy eating and cooking
- Individualized meal plans
- Prevention of complications
- Free three-month, one-hour follow-up session

## ***In addition, the Center for Diabetes Education at Monmouth offers:***

### **One-On-One Education**

Individual consultation with a nurse or dietitian, including:

- Individual meal plans
- Weight loss
- Other therapeutic diets
- Carbohydrate counting
- Insulin instruction
- Meter teaching

### **Insulin Pump Education**

Including:

- Operation of pump
- Practice of saline runs
- Carbohydrate counting
- Development of carb-to-insulin ratio
- Pump initiation

### **Gestational Diabetes Education Program**

A one-session individual appointment addresses how gestational diabetes develops, the link between diet and blood glucose, meal planning and blood glucose monitoring.





## **The Role of Psychosocial Support**

In addition to the series of educational classes, Monmouth also offers a free ongoing support group aimed at ensuring that patients not only understand their condition, but play a role in the control of their illness. The Diabetes Education Program's support group for individuals with diabetes and their families focuses on ways to manage diabetes such as diet, exercise, reducing complications, new treatments and research.

**For more information about the support group, call 732.923.5025.**

## About The Cost

There is a fee for these services that is often covered by insurance and Medicare. In 2000, The Centers for Medicare and Medicaid Services expanded coverage for outpatient diabetes self-management education. ADA is an approved accreditation organization for Medicare coverage of outpatient diabetes self-management training.

**A prescription with a diagnosis code from the referring physician that reads "Referred to MMC Center for Diabetes Education" is required to make an appointment.**

For more information or to schedule an appointment, call 732.923.5025.





*Cure • Care • Commitment®*

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Recognizes this education service as  
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Diabetes Self-Management Education.

## **Center for Diabetes Education**

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