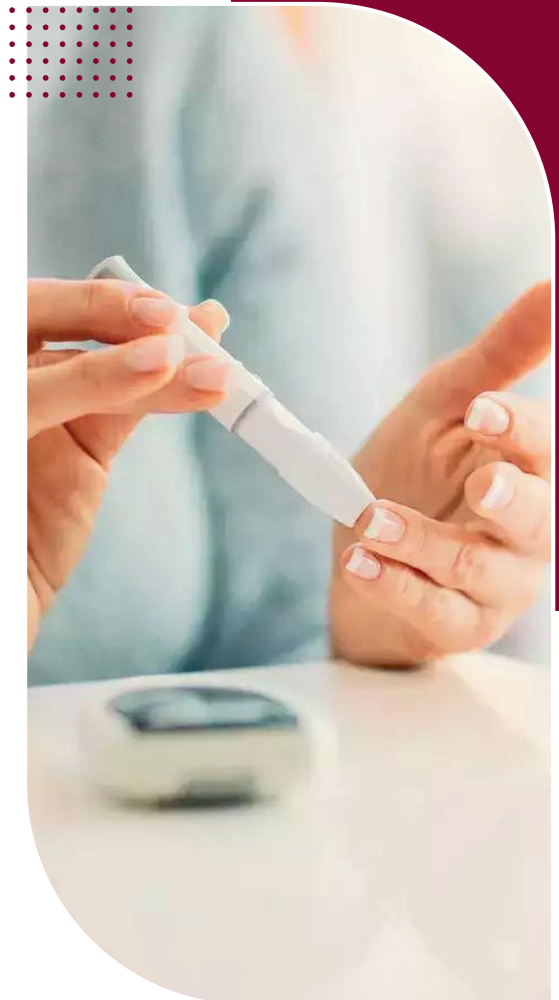


Diabetes Self-Management



Education & Support

Stewart Memorial Community Hospital
(712) 464-4118



Left to right: Shelly Hammen, RN,
Director of Cardiac Rehab &
Diabetes Education; Sarah
Mowrey, RN; Casey Wetter, RD

The SMCH Diabetes Self-Management Education Program started in 1998 with a mission to prepare people with diabetes to make informed choices every day about their diabetes care. We work with people and their primary care providers to develop successful plans for coping with diabetes and its challenges.

Our program is accredited by the American Diabetes Association and is certified by the Iowa Department of Public Health.



"Our sessions are informal and allow for hands-on learning, which is why we see great success among participants. Our team is passionate about what we do, and we're there every step of the way to answer questions and provide resources."

Director of Cardiac Rehab & Diabetes
Education Shelly Hammen, RN

Contact Us

Stewart Memorial Community Hospital
Diabetes Education



(712) 464-4118



Scan to visit our website

Do you have diabetes and want to feel better, achieve better lab values, a lower weight and better overall health?

You're not alone!

More than 18 million Americans have this chronic medical condition and, like you, require a lifetime of treatment.

Diabetes educators realize that diabetes is a very personal disease. By getting to know you as an individual, we can work with you to create a self-management plan that meets your needs - one based on your age, school or work schedule, as well as your daily activities, family demands, eating habits, and health problems.

Successful diabetes management is a team effort. Family is often encouraged to join you in learning how to make healthy food choices, developing a plan for regular physical activity, monitoring your blood sugar, and learning how and when to take your diabetes pills or insulin.

A referral from your primary care provider is required.

Course Format

Most sessions are individual and tailored to your needs!

Successful self-management will help you feel better and can reduce your chance of developing complications.

A diabetes educator will help you learn how to take care of yourself, guide you through your treatment and help you with any fears, issues, and problems you encounter along the way. Your diabetes education will focus on what you're most interested in.

Our Diabetes Self-Management program curriculum is taught in 4 sessions over a 3 - 4 month period. Each session lasts 1 - 2 hours.

Annual follow-up sessions are also available.

Medical Nutrition Therapy for Diabetes is offered on referral from a physician.

A care partner is encouraged to participate.

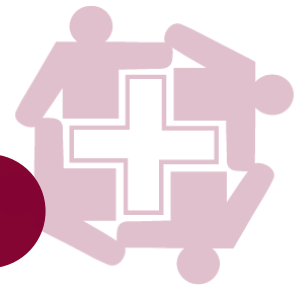
The cost is covered by Medicare; some insurance companies may apply this to your deductible. You are responsible for checking the provisions of your policy.

Among people who received diabetes education, nearly 25% followed 9 or more of the 10 self-care and clinical-care practices, compared to those who never received diabetes education.

www.cdc.gov



Keys to Success



Topics covered include:

- Healthy eating
- Being consistently active
- Monitoring
- Taking medication
- Problem solving
- Reducing risks
- Healthy coping

Six Reasons to Attend Our Diabetes Self-Management & Support Sessions

- 1 To learn more about your new diagnosis
- 2 To improve your diabetes self-care
- 3 To reach your A1-C goal
- 4 To adjust to a new medication or living situation
- 5 To control your weight and learn about nutrition
- 6 To have the support you need to sustain healthy habits