

# Lucile Packard Pediatric Diabetes Center Diabetes Education\* Classes

We have three group classes to help you and your family to better manage your diabetes.

## Understanding Diabetes Class

For people new to diabetes or for those wanting to brush up on their knowledge of diabetes. We will cover some of the basics of managing diabetes, including;

- What is diabetes and the different types of diabetes
- When and how to treat high and low blood glucose
- When and how to give glucagon
- When and how to check for ketones
- Review of carbohydrate counting



This class is offered the 1<sup>st</sup> and 3<sup>rd</sup> **Wednesday** of each month from **4-6 pm**

Up coming classes:

January 9 <sup>th</sup> , 2008	January 23 <sup>rd</sup> , 2008	February 6 <sup>th</sup> , 2008
February 20 <sup>th</sup> , 2008	March 5 <sup>th</sup> , 2008	March 19 <sup>th</sup> , 2008
April 2 <sup>nd</sup> , 2008	April 16 <sup>th</sup> , 2008	May 7 <sup>th</sup> , 2008
May 21 <sup>st</sup> , 2008	June 4 <sup>th</sup> , 2008	June 18 <sup>th</sup> , 2008

## Flexible Insulin Therapy (F.I.T.) Diabetes Class

Everyone interested in an insulin pump, this class is the first step in the process of getting a pump. This class can also help fine-tune your diabetes regimen to improve your control.

Class Goals:

- Check out the different types of insulin pumps.
- Discuss the strengths and weaknesses of insulin pumps.
- Discuss how to adjust insulin for exercise, illness, stress, and life!



This class is offered the 2<sup>nd</sup> **Wednesday** of each month from **4-5:30 pm**

Up Coming Classes:

February 13 <sup>th</sup> , 2008	March 12 <sup>th</sup> , 2008	April 9 <sup>th</sup> , 2008
May 14 <sup>th</sup> , 2008	June 11 <sup>th</sup> , 2008	July 9 <sup>th</sup> , 2008

## Glucose Sensor Class

For people interested in buying a Continuous Glucose Monitoring System (CGMS), this class is to help you combine the sensor into your diabetes management plan.

Class Goals:

- Discuss how to improve diabetes control using glucose sensors
- Explore the limitations of using glucose sensors

This class is offered the 4<sup>th</sup> **Wednesday** of each month from **4-5:30pm**


Up coming classes:

January 30 <sup>th</sup> , 2008	February 27 <sup>th</sup> , 2008	March 26 <sup>th</sup> , 2008
April 23 <sup>rd</sup> , 2008	May 28 <sup>th</sup> , 2008	June 25 <sup>th</sup> , 2008

**To Register:** call (650) 498-7353 or register at the Medicine Specialties clinic front desk.

**Location:** Mary L. Johnson Pediatric Ambulatory Care Center  
730 Welch Road  
Palo Alto, CA 94304

Please check in before your class at the Medicine Specialties Clinic front desk on the 2<sup>nd</sup> floor.

 <p><b>American Diabetes Association.</b> <small>Cure • Care • Commitment®</small></p>	<p>*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.</p>
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