

Kaweah Delta Diabetes & Self Management Program Topics Include:

- Diet and Exercise
- Insulin Training/Management
- Preventing Complications
- Sick Day Rules
- Stress and Coping
- Preconception Care
- Glucose Monitoring
- Use of Diabetes Medications
- Preventing/Treating Hypoglycemia
- Foot/Skin/Dental Care
- A1c/BP/Lipid Goals
- Use of Diabetes Technology
- Insulin Pumps
- Continuous Glucose Monitoring System (CGMS)

Family members are encouraged to be part of the education process.



Kaweah Delta Diabetes & Self Management Program
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 **Kaweah Delta**
Chronic Disease Management Center
A division of Kaweah Delta Health Care District
www.kaweahdelta.org



TAKE CONTROL
OF DIABETES

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