

Have diabetes? Answer the following questions.

Are your blood pressure and cholesterol in control?

People with diabetes who have high blood pressure and high cholesterol have a greater risk of diabetes complications.

Do you know how to count carbohydrates and read food labels?

One of the most important and challenging parts of getting your diabetes in control is knowing how to make the right food choices by counting carbohydrates and reading food labels.

Is your hemoglobin A1c less than 7%?

People who have a hemoglobin A1c greater than 7% are more at risk for the complications of diabetes blindness, heart attacks, strokes, foot amputations, and kidney disease.



Kaweah Delta's Diabetes Education and Self-Management Program

If you have diabetes and have answered “no” to these questions, you could significantly benefit from education that could change those answers to “yes”. Education is important for people who are newly diagnosed with diabetes and for people who have had it for years. Education results in knowledge that can give you the power to control diabetes and prevent complications.

Kaweah Delta's Diabetes Education and Self-Management Program is located in the Chronic Disease Management Center. The program is recognized by the American Diabetes Association. Patients in the program are taught by Certified Diabetes Educators (a Registered Nurse and a Registered Dietitian).

Educational needs are assessed and patients are seen in individual or group sessions.

Many insurances cover diabetes education. Doctors are to fax a referral/physician order to 559-624-2849.

Living Well

