Have you been told you have diabetes?

Do you feel confused and overwhelmed?

Do you need help managing your diet or controlling your blood sugar?

According to the American Diabetes Association, 25.8 million people have diabetes,

and another 79 million have Prediabetes?

Could you be one of them? Diabetes is a serious, lifelong disease, and by working closely with your physician, our staff will teach you how to lead a healthy and enjoyable life with diabetes. People who benefit from our services include:

- People with diabetes, high cholesterol, or weight related issues;
- Men and women who have been told they have: "Prediabetes," "Borderline diabetes", or "high blood sugar";
- Expectant mothers with diabetes, or who have been diagnosed with gestational diabetes;
- Children and teenagers who need help with managing weight.

To participate in our programs, to obtain a schedule or for further information, please call us at 973.720.6733 or email us at diabetes@sjwh.org.

The Diabetes Education Center at St. Joseph's Wayne Hospital, the most comprehensive progr am in the area, adheres to the Standards of Care guidelines of the American Diabetes Association (ADA). The ADA has recognized the outpatient program for Quality Self-Management Education since 2002. The highly specialized, multidisciplinary professional staff will give you practical information to help you better control your diabetes.

The team of certified diabetes nurse educators work directly with each patient's physician to review the treatment plan for improved disease management, at the time of diagnosis, or after many years of struggling with diabetes. The team also includes a Registered Dietician who reviews the patient's dietary and cultural preferences and develops a plan to assure that individual nutritional needs are met.

Education Services offered:

- Comprehensive Diabetes Programs
- The group classes and individual self-management education programs are offered in the following areas: blood sugar monitoring, insulin and oral medication management, nutritional counseling, stress management, exercise, and other specialized programs.

Comprehensive Core Group Outpatient Self-Management Program:

- This is a year-long education program designed to help people with diabetes develop and continuously practice the self-management skills that will enhance and prolong the quality of their lives by reducing risks for diabetes-related complications. The Program places emphasis on helping the patient make Behavior Change. The team also tracks and reports the ADA Standards of Care to patients and their physicians.
- A total of 9 hours of education, divided into three, 3 hour classes.
- Class hours are offered during the morning, afternoon and evenings.
- Includes free 3 and 12 month follow-ups, and monthly support groups. The Center feels that it is important to have frequent and regular interaction with patients with diabetes in order to assist and motivate them in the ongoing management of the disease.

Individual Sessions

Individual consultation is available in the following areas carbohydrate counting, insulin administration, medication management, self monitoring of blood glucose, stress management, diabetes and physical activity, meal planning, weight management.

Gestational Diabetes Counseling

One of the most common complications of pregnancy, gestational diabetes affects about 4% of all pregnant women. Gestational Diabetes education is offered on an individual basis including blood glucose monitoring specialized meal planning and nutritional counseling, weight management and follow up.

Nutrition Counseling and Programs
Nutrition counseling is offered for people with diabetes and for people with other nutrition related conditions such as high cholesterol, obesity, prediabetes, and children and teens who need help managing weight. Group and individual counseling sessions by a Registered Dietician, promote healthy eating and portioning with practical demonstrations.

Free monthly support groups
Monthly support groups offer additional diabetes management education, as well as the opportunity to share experiences with other individuals who have diabetes.

Click here for the 2012 Diabetes Support Group schedule .

Click here for the 2012 Prediabetes Prevention And Management meeting schedule .

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Testimonials

"Excellent, informative program with friendly enthusiastic instructors."

"Pat, Mary, Frances and Jessica at the diabetes classes were great speakers and very personibal, with caring feelings."

"I found the diabetes counseling extremely enlightening. These classes are very helpful in learning how to live with this condition. I would definitely recommend these classes to others."

" Because of this program, I have diabetes, diabetes doesn't have me."

"The diabetes center team saved my life. What more can I say? I know that the diabetes center is a busy place, but they always responded quickly to my questions and concerns, and gave me as much time as I needed."

"At the advice of my doctor, I attended the St. Joseph's Wayne Diabetes Classes. Although initially opposed to attending the three nightly sessions my attitude quickly changed when experiencing the genuine commitment and concern of the entire team which taught and assisted in the presentation of the classes. My life has since been changed as the result of my implementing what was taught in the classes. My blood sugars have become more consistent. The everyday mood swings have become less, I have begun to lose weight and friends have commented on my increased energy levels and ability to focus."

"The best staff in the business"

" They help you from the minute you pick up the phone and ask about the classes. They worked with my doctor, my insurance and me to get the best care possible for my diabetes."

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Links

American Diabetes Association - www.diabetes.org

American Association of Diabetes Educators - www.aade.org

American Dietetic Association - www.eatright.org

National Institute for Diabetes and Digestive and Kidney Disease - www.niddk.nih.gov

US Dept of Agriculture - www.mypyramid.gov

National Federation of the Blind - www.nfb.org

Juvenile Diabetes Reseach Foundation - www.jdrf.org

Center for Disease Control - www.cdc.gov