



Enjoying
Holidays

Nutrition
Labels

Blood
Sugar

Dietetic
Foods

Flexible
Meal
Planning

Helpful
Tips

Eating
Out

Diet
Changes

Having diabetes is not the end of the world. It's a matter of taking extra care of yourself, achieving a balance between your lifestyle and diabetes. So, how do you take control? The first step is to learn all about it. Make a plan of action for yourself. Carefully, monitor your glucose levels. And get support from others - your family, friends, your physician and diabetes educator. Diabetes education offers you the tools you need to manage your condition. At CMH, we take a positive approach and say, "You can do it."

Quality

To manage your diabetes you must understand diabetes. CMH is now offering classes to help you do just that! Our program is geared to fit your needs and your lifestyle. The programs are given by a Certified Diabetic Educator.

Variety

We offer a comprehensive program as well as individual sessions on specific topics such as:

- Gestational Diabetes
- Nutritional Assessment & Individual Meal Planning
- Glumeters
- Insulin Administration

The comprehensive program consists of four, three-hour classes which meet weekly.

Flexibility

The program is uniquely structured so that enrollment may begin at any time. This flexibility motivates participants to complete the program. If you are unable to attend one class, just pick up where you left off the following week.

Cost

The cost of the program is reimbursed by most insurance plans. Participation of your family members in the class is encouraged and is free.

Simplicity

To schedule your class, call Outpatient Registration at 410-535-8176 or 301-855-1012, ext. 8176.

Once you are scheduled, you will receive a follow-up call to complete the registration process.

Continuity

We will provide your doctor with a record of your participation in the program. This can help your physician decide what your current or future needs may be. We hope you will take advantage of this service. Should you at any time have suggestions or concerns, please call us. Our primary goal is to provide a quality service.



A sampling of course topics:

- What is Diabetes?
- Knowing your medications
- Diet modifications
- Complications and how to avoid them
- Blood sugar monitoring
- How to's of eating out
- Flexible meal planning
- Nutrition labels
- Problem-solving tips
- Dietetic foods and sweeteners
- Enjoying holidays and special occasions
- When your schedule changes

Where to find us:

CMH Annex, 3rd Floor
120 Hospital Road
Prince Frederick, MD 20678

What to bring:

Bring your prescription and your insurance information to the first class.



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CMH ANNEX, 3RD FLOOR
120 HOSPITAL ROAD, PRINCE FREDERICK, MD 20678



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Diabetic Education/ Counseling Program

