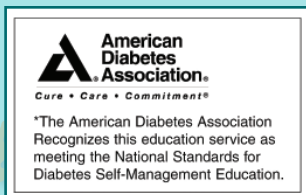


Diabetes Questions

1. Do you know what you can eat?
2. Do you test your own blood sugar at home?
3. Do you know your last ABC's?
 - A. A1C
 - B. Blood Pressure
 - C. Cholesterol
4. If you take diabetes medication, do you know how and when to take it?
5. Do you know how to prevent, recognize, and treat low blood sugar?
6. Do you know how to put all of "the pieces" together? Diabetes management can be a puzzle. Let us help!

Get the answers to these and other diabetes questions at the Learning Center.

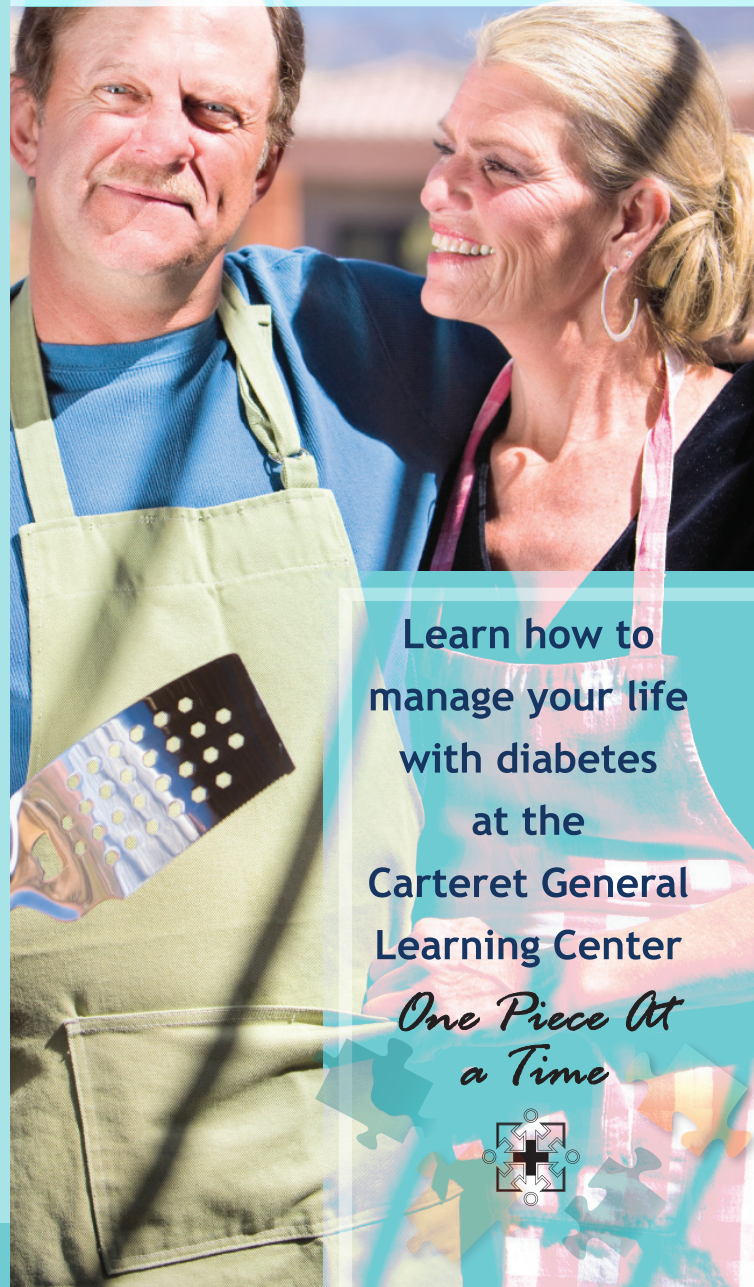


Carteret General Learning Center's Diabetes Program has been Recognized by the American Diabetes Association for Quality Self-Management Education*.

CARTERET GENERAL HOSPITAL
Making A Difference In Your Life
www.carteretgeneral.com

Diabetes

won't just go away!



Learn how to manage your life with diabetes at the Carteret General Learning Center

One Piece At a Time



Why should you become involved with the diabetes program?

Knowledge is Power

The more you know about diabetes the better equipped you will be to address your condition and lead a quality life. The CGH Learning Center is dedicated to having each participant achieve individual success through an established Diabetes Self-Management Education (DSME) Program. You will learn how you can prevent complications such as:

- ◊ Extremity Amputations
- ◊ Heart Attacks
- ◊ Strokes
- ◊ Blindness

Being proactive about your diabetes knowledge will truly benefit you throughout your life.



What does the Learning Center's Diabetes program include?

- ◊ An initial 1-2 hour consultation and assessment with a Registered Dietitian-Certified Diabetes Educator will assist you with diabetes self management knowledge and skills.
- ◊ Small group classes and/or individual instruction tailored to your needs.
- ◊ Individual follow-up to help direct and enhance your management program.

Class and follow-up are determined individually - up to 10 hours instruction

- ◊ Certified Diabetes Educators are current with changes in diabetes care practices and are an accessible up to date resource for program participants.

Diabetes won't just go away

but it can be successfully controlled

AND

the CGH Diabetes Learning Center is here to *help* you with that challenge!!

To Start - Call us at 808-6689 or have your physician refer you to the program.

Physician's referrals should be sent to the

CGH Diabetes Learning Center

501 North 35th Street

Morehead City, NC 28557

Phone: (252) 808-6689 • Fax: (252) 808-6693

