



Individual and Group Sessions

Self-management programs are offered in individual and group sessions.

Covered topics are listed below.

- Healthy eating: individual eating plan, carbohydrate and fat control, quick and healthy cooking, dining out, label reading
- Being active: why, how, when, what kind
- Medications: what they are and what they do
- Monitoring blood glucose: meters and pattern management
- Reducing risk: how to delay and/or prevent complications
- Healthy coping: feelings, family and friends
- Problem solving: strategies and plans for change

Diabetes Self-Management Education and Support Services

Diabetes occurs in people of all ages and races; however, African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders, as well as the elderly, have a higher risk. Fortunately, diabetes can be controlled by balancing food, exercise and medication to control blood glucose levels. A systematic review of controlled studies showed that patients who completed diabetes education had improved outcomes and quality of life, at least in the short term.

The Diabetes Self-Management Programs at Memorial Hermann are devoted to helping people with diabetes meet the challenge of living successfully with this chronic disease. We are here to equip you with practical skills and information as well as provide the guidance and support needed to control diabetes.

The Goal

Our primary goal is to help people with diabetes live healthier lives, now and in the future. Research shows that people who receive education are more likely to control their blood glucose, blood pressure and cholesterol levels, use their primary care and preventive services, take medications as prescribed and lower their healthcare costs.

Recognized by the American Diabetes Association

Our programs have met the national standards for diabetes patient education. Qualified nurse and dietitian educators—many certified by the National Certification Board for Diabetes Educators—lead the programs.

Personalized Approach

Our programs offer a personalized approach that's focused on achieving individual goals. Services are designed to meet diabetes management goals, and each person is helped individually to develop a plan that fits his or her lifestyle.

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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Anyone with Diabetes Can Benefit

Learning more about diabetes and taking an active role in self-management is a benefit for anyone with diabetes, from those who have just been diagnosed to those who have had diabetes for some time. Through appropriate food intake, physical activity, medication (if needed) and blood glucose monitoring, a person can take charge of diabetes and delay or prevent complications.

How to Sign Up for Memorial Hermann Diabetes Self-Management Training Programs

Check with your doctor for a referral to the program. You must have a physician's prescription to participate. The cost of the program is covered by most insurance groups, Medicare and some Medicaid plans. Please contact your insurance provider to verify your benefits. Each participating Memorial Hermann hospital offers a unique program for patients diagnosed with type 1 diabetes, type 2 diabetes, pre-diabetes and gestational diabetes. Contact us at any of our locations and ask us about support groups and classes.

Katy 23900 Katy Freeway Katy, TX 77494 S: 281.644.7180 F: 281.644.7012 P: 281.644.7055	Southeast 11800 Astoria Blvd. Houston, TX 77089 S: 281.929.6485 F: 281.929.4710 P: 281.929.4112	Sugar Land 17500 West Grand Pkwy. South Sugar Land, TX 77479 S: 281.725.5050, option 5 F: 281.725.5660 P: 281.725.5059
Memorial City 920 Frostwood Dr. Houston, TX 77024 S: 713.242.3700, option 2 F: 713.242.3964 P: 713.242.3890	Southwest 7600 Beechnut St. Houston, TX 77074 S: 713.456.5150 F: 713.456.5179 P: 713.456.5476	The Woodlands 1120 Medical Plaza Dr., Suite 340 The Woodlands, TX 77380 S: 713.897.2514 F: 713.897.2381 P: 713.897.5943

To Learn More

For more information, visit memorialhermann.org/services
Click on Diabetes and Endocrinology.

Key

- S: number for scheduling by phone
- F: fax number for referral forms
- P: number to call for more information

