

WHAT'S INCLUDED?

Mountain Laurel Medical Center's accredited diabetes program includes:

- 10 one-hour sessions
- 1-on-1 instruction
- Guidance and support
- The tools and education to manage your diabetes and improve your health.
- Continued "maintenance" yearly after year one.



**Participating in Mountain Laurel's DSME program (Glucose-to Goal) may make you eligible for free glucose testing supplies and insulin administration supplies. Inquire upon enrollment.*

WANT MORE INFORMATION?

Mountain Laurel is committed to the promotion of all patients' success with management of their diabetes. If you are interested in enrolling or would like more information, please contact:

**CALL US
AND ASK FOR A
NURSE CARE COORDINATOR!**

www.MountainLaurelMedicalCenter.com

Oakland Office

1027 Memorial Drive, Oakland, MD 21550 | 301-533-3300

Grantsville Office

104 Parkview Drive, Grantsville, MD 21536 | 844-652-8735

Westernport Office

22221 Westernport Road, Westernport, MD 21562
240-774-0204



LEARN HOW TO CARE FOR YOUR DIABETES

GLUCOSE *to* GOAL

DIABETES PROGRAM



WHAT IS TYPE 2 DIABETES?

Diabetes is a problem with your body that causes blood sugar to rise higher than normal.

In type 2 diabetes, your body doesn't use insulin properly. In type 1 diabetes, your body doesn't produce insulin. Insulin is needed to move sugar from the blood to the cells to be used as fuel for energy.

Diabetes can lead to many serious health problems including heart attack, stroke, vision loss, skin ulcers, kidney failure, and nerve damage. You can take steps to manage the disease, prevent these complications, and live healthier.

The Diabetes Self-Management Program will help you take these steps.



LIFESTYLE MATTERS!

People who manage their diabetes can live full and active lives. Learning to control your diabetes will help ensure it does not control you.

Participation in diabetes education may provide:

- More knowledge about diabetes
- Better self-care behaviors (healthy eating; checking blood sugar)
- Better blood sugar control
- More success with weight loss
- Improved quality of life
- Fewer trips to the emergency room and hospital
- Lower medical bills

RISK FACTORS FOR TYPE 2 DIABETES

- Having a family member with diabetes
- Being overweight
- Lack of exercise
- Having heart disease, high cholesterol, or high blood pressure
- Certain ethnic or racial groups (Native American, Latina/Hispanic, African-American, Asian, Native Hawaiian, or Pacific Islander)
- Women who have given birth to a baby greater than 9 pounds
- Women with Polycystic Ovarian Syndrome
- Having pre-diabetes
- 45 years old or older
- Having diabetes during pregnancy

WARNING SIGNS OF DIABETES

- Feeling unusually tired or low in energy
- Feeling more hungry
- Blurry vision
- Cuts or sores that heal slowly
- Frequent infections
- Dry, itchy skin
- Burning or tingling in your feet
- Feeling more thirsty
- Frequent urination (more trips to the bathroom, especially at night)

Ask your healthcare provider to test you for pre-diabetes.