



Management Material

Diabetes education classes set patients up for success

Finding out you have diabetes can be stressful and confusing. Questions about the disease, such as “How will diabetes change my life and my eating habits?” or “Will I have to take medication every day?” are common.

It’s natural to have a lot of questions when diagnosed with diabetes, and learning the answers is important.

“Diabetes is primarily a self-managed disease, meaning that it is the patient who actually has the most control over what happens in the long term,” says Sue Ullrich, R.N., MA.Ed., CDE, diabetes program coordinator, Southeast Georgia Health System. “That’s why it’s important to have a good understanding of what exactly diabetes is and how to manage it.”

For those reasons, the Health System offers a diabetes education program at the Brunswick and Camden campuses. The program is a series of four classes aimed at preparing patients for what’s ahead when it comes to diabetes management.

- Class 1:** On the Road to Better Managing Your Diabetes
- Class 2:** Monitoring Your Blood Glucose
- Class 3:** Diabetes and Healthy Eating
- Class 4:** Continuing Your Journey with Diabetes

“The classes provide a good foundation of knowledge with regard to what can affect blood glucose, how to prevent blood sugars from going too high or too low, the importance of

proper nutrition and exercise, stress management, medication and how to prevent long-term complications,” Ms. Ullrich says. “Not only do patients learn a lot, but they also have the opportunity to interact with other people who have diabetes, so it’s kind of a support group, too.”

The Health System’s diabetes education program has been recognized by the American Diabetes Association for providing quality self-management education and support. Classes are taught by Ms. Ullrich and Christina Miller, R.N., CDE, both of whom are certified diabetes educators with a combined experience of more than 30 years.

“After my wife and I met one-on-one with Sue to get an overview of diabetes, we attended a four-week series of classes led by Christina that gave us a tremendous amount of detailed information on living with and managing the disease,” says Dave Davis of St. Simons Island, Ga. “As a result, I now feel confident in self-managing my diabetes. Sue and Christina are incredibly knowledgeable and dedicated professionals whose strong desire to help diabetics is clearly evident.”

The program is covered by most insurance plans and subject to copays and deductibles. Participation in the diabetes education program requires a physician referral. •

WANT TO LEARN MORE?

For more information about diabetes education at Southeast Georgia Health System, visit sghs.org or call **1-855-ASK-SGHS (1-855-275-7447)**.

