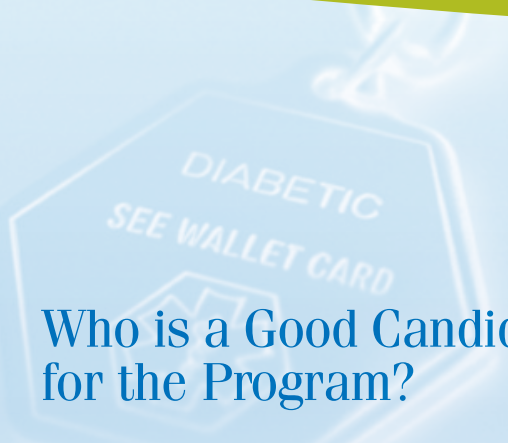


Caring as One



Who is a Good Candidate for the Program?

Diabetes Self Management training might be right for you if:

- You have been recently diagnosed with diabetes
- Your doctor recommends the program
- You are at risk for complications from diabetes, such as:
 - Poor blood sugar control
 - Vision problems
 - Nerve damage or lack of feeling in your feet or lower limbs
 - Kidney disease
- You have diabetes and have recently become eligible for Medicare.



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

The Diabetes Self Management Education program at Affinity Medical Center is approved and recognized for excellence by the American Diabetes Association.

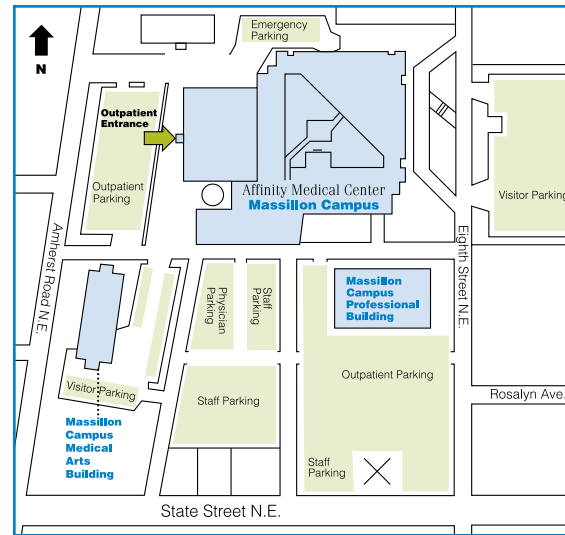
Payment

Payment for diabetes educational training is often covered partially or fully by most insurance plans. Check with your insurance provider for more information. Alternative coverage, payment plans and other educational options may be available for those without insurance coverage.

Medicare will help cover the following training services in a Medicare-approved diabetes education program:

- A total of 10 hours of initial training within 12 months
- An additional two hours of follow-up training each year after the first year (requires physician's referral)

Map of Massillon Campus



Affinity Diabetes Self Management Education



**Affinity Diabetes Education Center
Massillon Campus**

875 Eighth St. N.E., Massillon, Ohio 44646

330.837.7534 • AffinityMedicalCenter.com



Caring as One

Massillon Campus



Living with Diabetes

The Diabetes Self Management Education program at Affinity Medical Center teaches individuals with diabetes how to properly manage the disease for a more normal, active lifestyle.

However when not properly managed, diabetes leads to serious, sometimes life-threatening conditions, including heart disease, stroke, blindness, kidney disease, nervous system damage and lower-limb amputation.

Managing diabetes is learning more than just sugar, it's learning to live life to the fullest. The caring staff at Affinity Medical Center teaches the proper preventative care practices to help avoid serious complications, letting patients focus on the things they enjoy.

What to Expect

The initial self-management class consists of an individual two-hour session with an assigned nurse educator and dietitian. Together they assess individual needs and teach the basics of diabetes self management and meal planning. Family members or supportive friends are welcome to join.

The next phase is group classes. Using a variety of engaging techniques, the nurse educator and dietician teach the material. Group classes are fun, informative and are a great way to meet other people with similar concerns.

Individual classes can be arranged for those with special needs.

Comprehensive Classes

Because no two cases are exactly alike, the Diabetes Self Management Education program covers a comprehensive list of topics. This way, students learn everything they need to know about their specific condition. To accommodate busy schedules, classes are held at various times throughout the week.

Covered Topics:

- What is diabetes?
- Medications
- Symptoms of high and low blood sugars
- Blood glucose monitoring
- Meal planning (your individualized meal plan, dining out, reading food labels, carbohydrate counting and intensive management)
- Sick-day management
- Foot and skin care
- Complications of diabetes and prevention strategies
- Low sodium, low cholesterol diet choices
- Living with a chronic disease
- Lifestyle, including the importance of exercise

How to Get Started

Talk with your primary care physician and ask for a referral to the Diabetes Self Management Education program at Affinity Medical Center. For more information call **330.837.7534** or visit us online at

AffinityMedicalCenter.com.

