

# **DIABETES LIFECARE @ HARTFORD HOSPITAL**

## **GROUP CLASS – OUTLINE OF TOPICS**

### **Topics Class #1 (Nursing)**

1. What is Diabetes?
2. Monitoring your blood sugar levels
3. Hgb A1C
4. Safe Exercise

### **Topics for Class #2 (Nutrition)**

1. Meal planning for your ABC's (A1c, Blood pressure, Cholesterol/Lipids)
2. Diabetic diet myths
3. Reading food labels
4. Sugar Substitutes
5. Fiber, and whole grains
6. Weight management
7. Alcohol

### **Topics for Class #3 (Nursing)**

1. Medications
2. Low blood sugar & its treatment
3. High blood sugar
4. Sick day guidelines (Monitoring your blood sugar levels)
5. Preventing long-term problems (eyes, feet, heart, kidneys)
6. Living with diabetes!