

DIABETES MANAGEMENT

OhioHealth Mansfield Hospital and OhioHealth Shelby Hospital

Do you have diabetes? If so, it's important that you receive Diabetes Self-Management Education and Support (DSMES) at the following times:

| When do you need DSMES? | Why? |
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| When you first find out you have diabetes | When you are first diagnosed, you may not know where to begin. DSMES can give you the information and support to start managing your diabetes. |
| During yearly follow-up visits with your Doctor | Check you your progress and get help to prevent complications. |
| When new situations affect the way you take care of yourself | New events or conditions in your life can affect your diabetes. Examples include diagnosis of a new health condition, a change in your mobility, depression or money problems. |
| When other life changes occur that affect the way you take care of yourself | Major life changes can affect your diabetes. Examples of life changes include a change in your living situation, your doctors or insurance plan, or job. |

Learning how to control diabetes is critical to enjoying long-term good health and quality of life.

For more information, call (419) 520.2550.

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Our personalized diabetes management program can help you achieve your best level of health and maintain an active lifestyle. We provide the most current information and resources for self-management of Type 1, Type 2 and gestational diabetes.

OhioHealth Mansfield Hospital and Shelby Hospital offer access to skilled teams of health educators who are committed to helping clients with diabetes and their loved ones build the skills needed to manage their diabetes and lead healthy, happy lives.

Program options:

- + Comprehensive education class series
- + Individual assessments with a nurse educator and dietitian
- + Consultation with a nurse educator and/or dietitian for specific needs
- + Free support group meetings every other month

Counseling with a nurse answers:

- + Why you need to manage diabetes
- + How to safely manage diabetes
- + How to prevent complications of diabetes
- + How to use a glucose meter and take medications
- + How to understand and deal with the emotional aspects of diabetes
- + How to make behavior changes that promote a healthy lifestyle

Counseling with a dietitian answers:

- + How to develop a healthy eating plan
- + How to make the plan fit within your lifestyle
- + How to enjoy tasty, appealing food

Class are offered at both Mansfield Hospital and Shelby Hospital.

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