



Mountain Laurel Medical Center offers diabetes education services for active patients at MLMC who have been diagnosed with Diabetes Type I or Type II. This is a 10 class course that covers all of the basics of living with diabetes. See below for a description of each class.

Class #1: Introduction to Diabetes

We discuss the difference between Type 1 and Type 2 diabetes, what happens in the body when you have diabetes, risk factors associated with diabetes, and treatment/management for diabetes.

Class #2: Monitoring Blood Sugar

What are normal blood sugar numbers, how you can use your blood sugar numbers to help you manage your diabetes, what is an A1C, and symptoms of high and low blood sugars and how to treat them.

Class #3: Healthy Eating

Learn about healthy eating and why it is important, learn a simple way (the plate method) to figure out how much to eat and how to balance meals, learn how to read a nutrition label, and learn how carbohydrates, protein, and fat impact your health.

Class #4: Being Active

Review the benefits of being physically active, find tips for staying on course with your fitness plan, and understand how much exercise you need

Class #5: Staying Healthy

Learn about medical problems (complications) you may develop if you have poorly controlled diabetes, review the ABC's of diabetes care, find out ways to prevent or delay complications, learn how to take care of your feet, and learn how to manage your diabetes while traveling and when sick.

Class #6: Medications/Pattern Management:

Learn how each medication that you are on for your diabetes works and helps you to manage your diabetes. Learn how to use your blood sugar results, understand what causes high and low blood sugars, and learn how to use pattern management to learn trends in your numbers.

Class #7 and #8: Diabetes and Coping with Stress:

Recognize how important it is to acknowledge the feelings and emotional stages associated with having diabetes, review how daily stress can affect how well you live with diabetes, and find healthy ways to cope with stress.

Class #9: Heart Healthy:

Discuss the ABC's of your health (A1C, Blood pressure, and Cholesterol) and what the normal ranges for each are and how to lower your numbers, learn the importance of fiber, discuss the good fats vs. the bad fats in cholesterol, learn ways to decrease your daily salt intake and why that's important, and the importance of quitting smoking,

Class #10: My Action Plan:

Learn why setting goals and making an action plan are so important, learn about the stages a person goes through when making a lifestyle change, understand and practice setting SMART goals, and find out how to make an action plan that you can stick to.

The out of pocket cost for classes is dependent on your insurance coverage. Call our Nurse Care Coordinators to see if this service is covered or to discuss other payment options