



Population Health Center



Division of Population Health
Carl R. Darnall Army Medical Center
3rd Floor (254) 288-8136

Visit or Web site at:
www.crdamc.amedd.army.mil



Diabetes Education

what is

diabetes?

what you need to know

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone. Insulin is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Target Diabetes

Is a self-management program offered at Carl R. Darnall Army Medical Center. We use a team approach of nurses, pharmacists and dietitians to assist you in learning new skills to manage your weight, blood pressure, and cholesterol. Our goal is to increase your knowledge about diabetes so you take control of your blood sugars and your life.

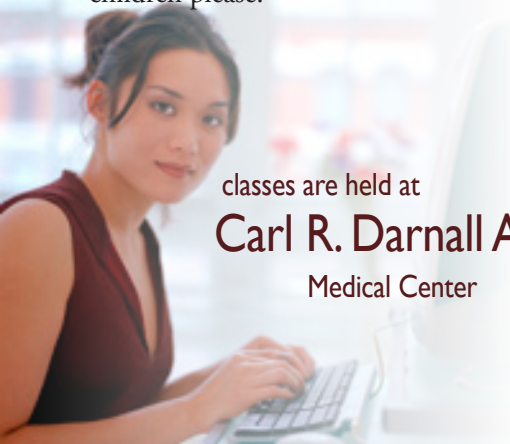


How to Enroll

You must be a military beneficiary over the age of 18 to attend the classes. No referral needed, just call the Population Health Center at 288-8136 to register for the class or to see an educator on an individual basis. Adult family members are welcome to attend with you, no children please.

classes are held at

**Carl R. Darnall Army
Medical Center**



Topics Covered:

- Healthy Eating
- Healthy Coping
- Benefits of Activity
- Slowing the Progression of Diabetes
- Monitoring Blood Sugar
- Diabetes Complications
- Taking Medications
- ABC's of Diabetes
- Problem Solving



do you know your
risk factors
for diabetes?

Pre-diabetes educational classes meet once a month in the Population Health Center, 3rd floor of Carl R. Darnall Army Medical Center. Call 288-8136 to schedule. No referral is needed.

Risk Factors for Diabetes:

- Family history of diabetes
- Obesity
- Lack of exercise
- Females have a higher risk
Polycystic Ovarian Syndrome
Gestational Diabetes
- Certain Ethnic Groups:
Hispanic
Native American
African-American
Asian-American