

Helping You Live with Diabetes



*You*ou've just learned that you have diabetes. Well, you aren't alone. Approximately 26 million Americans have diabetes. BayCare Health System has a variety of diabetes education programs throughout the Tampa Bay area that offer comprehensive services to help ensure you have the best information and care possible in managing this chronic disease.

What Is Diabetes?

Diabetes is a condition where the amount of glucose (sugar) in your blood is above normal. It can occur at any time in your life. If you have family members with diabetes, are overweight, do not exercise regularly, have heart disease or are on certain medicines, you run a greater risk of developing diabetes.

Diabetes occurs when the pancreas does not produce enough insulin (type 1) or your body can't use the insulin you are producing (type 2). Because of these two conditions, glucose in your blood reaches above-normal levels. Once diabetes is diagnosed, it is managed rather than cured.

If you have diabetes, it doesn't mean that your children or other family members will develop diabetes. However, family members need to know of your diagnosis so they can discuss their chances of developing diabetes with their physician.



Controlling Blood Glucose Levels

It's important for good health to have blood glucose levels that fall within a certain range. This means that your fasting and pre-meal blood glucose should be between 70mg/dl and 130mg/dl. It should measure less than 180mg/dl two hours after meals.

There are several things you can do to help keep your blood glucose levels within a healthy range. Knowing your levels helps you and your health care provider plan the best treatment methods. The first step is to follow a healthy meal plan. This includes controlling the calories and carbohydrates in your diet, plus making sure that meals and snacks are spaced appropriately throughout the day.

Start your day with breakfast and follow a meal plan. Refer to the sample menu on the right. Also:

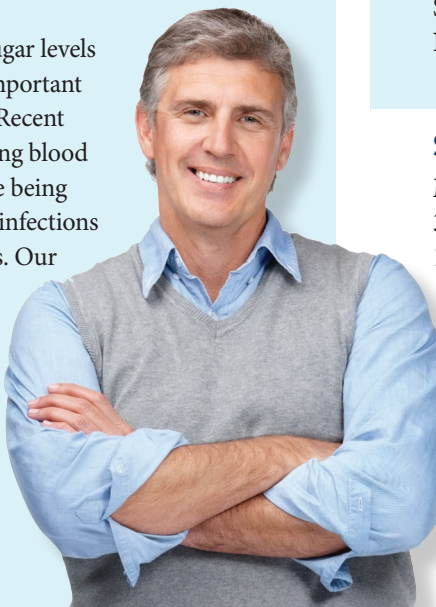
- Avoid concentrated sources of sugar until you learn how to include them in your meal plan. These include candy, sweetened drinks including regular sodas, sports drinks and juices, cookies, pies and cakes.
- Milk, yogurt and fruit contain natural sugars, so limit them and spread them out during the day.
- Include plenty of water and other no-calorie beverages such as diet soda, coffee and tea.
- Before your appointment with the dietitian, keep a food diary of what you eat, including snacks and drinks, so your meal plan can be tailored to your needs.

Activity, such as walking, can also help control blood glucose. Sometimes pills or insulin injections are necessary to help keep blood glucose levels within a healthy range.

Inpatient Services

Inpatient Services

Management of your blood sugar levels is important, perhaps more important when you are in the hospital. Recent studies have shown that keeping blood sugar levels near normal while being hospitalized can help prevent infections and improve overall outcomes. Our experienced staff members at all BayCare hospitals understand the special needs of patients with diabetes. They will work with your doctor and nurses to give you the highest quality care for your diabetes and related conditions.



Sample Menu

Controlling Blood Glucose Levels

Breakfast

1 cup whole grain cereal
1 cup nonfat or 1% milk
1 small piece of fruit

OR

1 small orange
2 slices whole wheat toast
1 poached egg
1 tsp. margarine

Lunch

Sandwich with:

- 2 slices whole wheat bread
- 2 slices turkey
- 1 tsp. mayonnaise
- Lettuce, tomato slices

1 single serving baked chips
1 small apple
No-calorie beverage of choice

OR

1 cup soup and 2 crackers
1/2 sandwich
2 small cookies
1 small piece of fruit



Dinner

Grilled chicken breast
1 cup cooked rice
Green beans
Salad with low-calorie dressing
Sugar-free gelatin
No-calorie beverage of choice

OR

1 medium sweet potato with 1 tsp. margarine
Steamed broccoli
Salad with low-calorie dressing
1/2 cup low-fat frozen yogurt

Snacks

Mid-afternoon:

3-4 cups light popcorn
1 small piece of fresh fruit

OR

Before bed:

1 cup nonfat or 1% milk
3 graham cracker squares



Resources for a Healthier Life

Your Diabetes Team

Your health care provider will refer you to a diabetes education team. This will include registered nurses and registered dietitians. These team members are Certified Diabetes Educators (CDEs) who have special training in diabetes management.

The CDEs will teach you about:

- Meal planning
- Blood glucose monitoring
- Medications
- Reducing risk of complications
- Problem solving
- Healthy coping
- Being active

Supported by the American Association of Diabetes Educators, a nationally recognized program, and a team of highly skilled professionals, you will find diabetes can be positively managed with healthy lifestyle changes and personalized treatment.

Diabetes Self-Management Training Program

- Daytime and weekend classes available to suit your schedule
- Classes are held in multiple locations throughout Tampa Bay to support your travel needs
- Physician referral is required
- Services are often reimbursed by insurance including Medicare
- Verify coverage with your insurance company to determine what co-pays and deductibles apply

One-on-One Education

Individual appointments are available with dietitian CDEs and nurse CDEs.

- Specialized assistance on topics such as glucose meter instruction and insulin initiation with meter training, insulin pump therapy, medical nutrition therapy
- Physician referral is required and services are often reimbursed by insurance including Medicare
- Comprehensive programs offered for gestational diabetes

Prediabetes Workshop (Free)

- Highlights lifestyle strategies to prevent or delay progression to type 2 diabetes
- Physician referral is required

Prediabetes Education Program (12-week class)

- Weekly one-hour classes with 12 unique topics
- Learn what lifestyle changes can reduce your risk for developing a chronic illness such as diabetes
- E-mail support with a licensed clinician is provided for 30 days following the program

The Journey for Control: A Diabetes Management Class (4-week class)

- Weekly two hour-long classes using Conversation Maps, a series of images and metaphors, to engage people in conversations about diabetes and prediabetes health topics
- Provides an action plan to make lifestyle and behavior changes

Diabetes Education Support

- Most insurance allows for individual follow-up diabetes education services
- Free community diabetes support meetings available throughout the year

Community Series (Free)

- A series of free lectures discussing a variety of diabetes health promotion topics
- Programs are offered throughout the year and are held at multiple locations

Diabetes in Children

Type 1 diabetes is the type of diabetes most diagnosed in children. Symptoms may include excessive thirst or urination, fatigue, blurred vision and upset stomach. Treatment can seem overwhelming as it includes injections and blood sugar testing. Diabetes educators are specially trained to help you and your child maintain good health. Optimize your child's diabetes management with classes on topics including:

- Individual appointments for specific needs such as carbohydrate counting
- Insulin pump therapy/Advanced insulin pump therapy
- Devices to assist with administration of insulin
- Glucometer training
- Education for type 2 diabetes on an individual basis



Schedule an Appointment and Obtain Information About Diabetes Education Services

**Morton Plant Mease
Diabetes Education Center**
(727) 734-6888

Mease Countryside Hospital
3231 McMullen Booth Road
Safety Harbor, FL 34695

Mease Dunedin Hospital
601 Main St.
Dunedin, FL 34688

Morton Plant Hospital
300 Pinellas St.
Clearwater, FL 33756

**Morton Plant
North Bay Hospital**
6600 Madison St.
New Port Richey, FL 34652

**St. Anthony's LifeHelp
Nutrition and Diabetes Center**
(727) 820-7910

St. Anthony's Hospital
1200 Seventh Ave. N.
Suite 120
St. Petersburg, FL 33705

**St. Anthony's Outpatient Center
(Carillon)**
900 Carillon Parkway
St. Petersburg, FL 33716

**St. Joseph's Children's Hospital
Diabetes and Nutrition Center**
(813) 870-4899, option 4

**St. Joseph's
Children's Hospital
Diabetes and Nutrition Center**
3001 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33607

**Physicians' Specialty Center
St. Joseph's Hospital**
Medical Arts Building
3003 W. Dr. Martin Luther
King Jr. Blvd., 3rd floor
Tampa, FL 33607

Brandon Specialty Center
10817 Bloomingdale Ave.
Riverview, FL 33578

North Tampa Specialty Center
15045 Bruce B. Downs Blvd.
Tampa, FL 33647

**St. Joseph's Children's
Specialty Center**
Morton Plant Mease
Professional Center North
3253 McMullen Booth Road
Suite 100
Clearwater, FL 33761

**St. Joseph's Hospital Diabetes
Management Program**
(813) 870-4995

St. Joseph's Hospital
3001 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33607

St. Joseph's Hospital-North
4211 Van Dyke Road
Lutz, FL 33558

**South Florida Baptist Hospital
Diabetes Management Program**
(813) 757-8245

South Florida Baptist Hospital
301 N. Alexander St.
Plant City, FL 33563

