Diabetes can be a frustrating and difficult condition to deal with, whether you are newly diagnosed or have had it for many years. Difficulties and questions can arise while living with Diabetes, and can leave you with feelings of fear and helplessness at times. If you share these feelings please take a moment to look through this brochure and the benefits our Diabetes Program provides.

Diabetes Self Management Classes

Cornell Cooperative Extension and the Suffolk County Health Department’s Diabetes Education Program also offer Diabetes Self Management Classes, a 4 part series that teaches ways for better diabetes control. Class size varies according to location and seating is limited. Participating in these Diabetes Self Management Classes gives you an opportunity to learn more about your Diabetes and ways to help manage it better. It also provides an opportunity to meet others with Diabetes who may share some of the experiences and difficulties you may be going through. This allows you to benefit from the experiences of your fellow classmates.

Suffolk County Department of Health Services
in collaboration with
Cornell Cooperative Extension of Suffolk County

DIABETES
EDUCATION
PROGRAM
Cornell Cooperative Extension of Suffolk County and the Suffolk County Department of Health Services Diabetes Education Program has been helping patients on Long Island for over 10 years. A qualified and experienced staff of Diabetes Nurse Educators, Registered Dietitians, and Bilingual Community Health Advocates, many of whom are Certified Diabetes Educators, make up the diabetes education team.

Health center patients can schedule one-on-one consultations with a Diabetes Nurse Educator or Registered Dietitian and learn the necessary information to help them take control of their Diabetes.

### Nurse Educators

The Diabetes Nurse Educators offer information and education on topics such as:

- Understanding your Diabetes
- Medications and how they can help control your Diabetes
- Complications and lowering the risks
- Treatment options for Diabetes
- Exercise and its role in Diabetes care
- How to use insulin correctly and safely
- How to use a blood glucose (sugar) meter and the best ways to test at home

Education is also provided for individuals with Pre-Diabetes or Impaired Fasting Glucose; and prenatal education for those with Diabetes and Gestational Diabetes. A Nurse Educator will be able to help you set and reach your health goals.

### Registered Dietitians

The Registered Dietitians offer information and education on:

- Heart healthy eating
- Meal planning
- Reading food labels
- and much more

With the help of the Registered Dietitian, you can learn about other aspects of your Diabetes care such as how exercise and medications, along with healthy eating, can help with Diabetes management. Education for pregnant women with Diabetes or Gestational Diabetes is also offered. For those who do not have Diabetes, our Registered Dietitians can help you with weight loss, high cholesterol, high blood pressure, prenatal meal planning, and other dietary needs. A Registered Dietitian will be able to help you set and reach your health goals.

### What Can You Expect From Diabetes Education?

Weight loss, lowered cholesterol, lowered blood pressure, and overall better blood sugar control are just some of the goals our patients have been able to achieve through the program. Whether you have had Diabetes for a few weeks or a few years, taking part in our Diabetes Education Program can help you deal with the stresses, frustrations, and fears that can come with living with Diabetes. Please speak with your provider for a referral.