



Topics discussed in the program include:

#### **DIABETES OVERVIEW**

- Definition of this Disease
- Modes of Treatment
- Complications, Prevention and Treatment

#### **LIFESTYLE MODIFICATIONS**

- Nutrition Treatment Plan
- Exercise
- Monitoring Guidelines

#### **MEDICATION**

- Types of Medications
- Action, Purpose and Side Effects
- Signs and Symptoms

#### **MONITORING AND USE OF RESULTS**

- Define Self-Monitoring
- Equipment Usage
- Frequency and Timing
- Sick Day Guidelines

#### **FOOT, SKIN AND DENTAL CARE**

#### ***Connect to iHEALTH***

Create your own Personal Health Record (PHR) available on the Florida Health Care Plans website.

### **PREFERRED MEDICAL CENTER LOCATIONS**

The following locations offer the FHCP Diabetes Education Program.

#### **DAYTONA BEACH**

Halifax Medical Center – 201 Building  
201 North Clyde Morris Boulevard, Suite 100

#### **PORT ORANGE**

740 Dunlawton Ave.

#### **PALM COAST**

309 Palm Coast Parkway

#### **ORANGE CITY**

2777 Enterprise Road

#### **EDGEWATER**

239 North Ridgewood Avenue

**For exact dates and times please call**

386-226-4518 or 1-386-254-4397. The hearing impaired should call TTY/TDD at 386-615-4045 or 1-877-260-8312, Monday through Friday 8 a.m. to 5 p.m.

#### **OTHER RESOURCES**

For more information about diabetes and related topics:

**AMERICAN DIABETES ASSOCIATION**  
(800) DIABETES

[www.diabetes.org](http://www.diabetes.org)

**NATIONAL DIABETES INFORMATION CLEARINGHOUSE**

(800) 860-8747

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**AMERICAN DIETETIC ASSOCIATION**  
(800) 877-1600

[www.eatright.org](http://www.eatright.org)

**DIABETES RESOURCE CENTER**

[www.diabetesresource.com](http://www.diabetesresource.com)

**CHILDREN WITH DIABETES FOUNDATION**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

This information is provided as a community service by:



**Florida  
Health Care  
Plans**

*An Affiliate of Halifax Community Health System*

**1340 Ridgewood Avenue**

**Holly Hill, FL 32117**

**[www.fhcp.com](http://www.fhcp.com)**

# Diabetes

## DETECTION, CONTROL AND TREATMENT OF DIABETES



This brochure is not meant to take the place of medical care or treatment. Follow your health care provider's advice.

## WHAT IS DIABETES?

Diabetes is a chronic disease in which your body does not produce enough insulin or is unable to properly use the insulin that it does produce. Insulin is a hormone that is essential to change sugars, starches, and other food into an energy source that can be used by your body.

When you eat food, it is turned into glucose (sugar) which is transferred into your blood stream. Insulin helps the glucose to be absorbed by the body's cells. Without insulin, glucose is unable to reach cells and provide the energy needed for daily life.

When glucose is unable to be absorbed by cells, it accumulates in the blood stream creating high blood glucose levels. Over a period of time, high blood sugar (hyperglycemia) can cause complications such as:

- Blindness
- Kidney problems
- Heart attacks
- Strokes
- Serious infections

## TYPES OF DIABETES

There are three major types of diabetes:

**TYPE 1 DIABETES:** The body fails to produce the insulin needed for cells to absorb glucose.

**TYPE 2 DIABETES:** Results from the body failing to properly use insulin that it produces.

**GESTATIONAL DIABETES:** Onset that is a result of pregnancy.



## SIGNS AND SYMPTOMS

Diabetes is often undiagnosed because many of the signs or symptoms of the disease are not noticed or seem to be harmless. However, early detection and treatment can decrease the risk of developing some of the serious complications associated with the disease. Some of the signs and symptoms of diabetes may include:

- Extreme thirst
- Frequent urination
- Extreme hunger
- Blurred vision
- Drowsiness
- Irritability
- Nausea
- Poor wound healing

If you have these symptoms, or if someone in your family has diabetes, ask your doctor to check your blood sugar.

## WHO IS AT RISK?

People in the following categories are at a higher risk for developing diabetes:

- People more than 25 years of age
- People with a family history of diabetes
- People who are obese or have experienced substantial weight gain
- People with an inactive or sedentary lifestyle
- People with Pre-Diabetes

## PRE-DIABETES

Pre-Diabetes is a condition that occurs when a person's blood glucose levels are elevated but not high enough to be diagnosed with Type 2 Diabetes. FHCP offers a Dietitian-taught class to learn about Pre-Diabetes and what to do to prevent the development of Diabetes. A physician referral is required. Call (386) 226-4518 for information.

## PROGRAM GOALS

Diabetes is a chronic illness that requires continuous medical care and education in order to prevent complications and reduce the risk of long-term medical problems.

Diabetes is unique among chronic health conditions because treatment depends on the individual's self-management. The importance of the patient's participation in a comprehensive self-management education program is critical in the treatment of this disease.

To help people learn more about diabetes prevention, control, and treatment, Florida Health Care Plans has developed a Diabetes Education Program. It is approved by the American Diabetes Association, and all instructors are Certified Diabetes Educators (C.D.E), Dietitians, and Nurses.

The goal of this program is to provide diabetes patients with the tools, skills and techniques necessary to follow the prescribed treatment regimen safely, comfortably, and accurately. This will ensure blood sugar control through self-monitoring, nutrition, and exercise habits.