

Benefits of the Diabetes Exercise Program

- Control blood sugars
- Prevent/delay onset of type 2 diabetes
- Strengthen heart muscle
- Improve oxygen uptake
- Reduce blood pressure
- Improve cholesterol
- Decrease body fat
- Increase Lean muscle mass
- Improve sleep
- Improved mental function
- Slow bone loss progression
- Decrease risk of premature death
- Encourage other healthy habits

ACSM/ADA Exercise Recommendation

The American College of Sports Medicine and the American Diabetes Association recommends that a person with diabetes participate in both aerobic and resistance training exercise.

- **Aerobic Exercise:** At least 3 times a week for a minimum of 150 minutes per week.
- **Resistance Exercise:** At least 2 times a week on nonconsecutive days.

Scientific Evidence

- Individuals with type 2 diabetes engaged in supervised training exhibit greater compliance and blood glucose control than those undertaking exercise training without supervision.
- One exercise session can increase insulin action and glucose tolerance for 24 to 72 hours.

(ACSM Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association: Joint Position Statement Medicine & Science in Sports & Exercise. Medicine & Science in Sports & Exercise. 2010; 42(12): 2282-2303.)

Frequently Asked Questions:

Q: Do I need to have a physician referral to attend diabetes education?

A: We require a health care referral that serves as a doctor's order. Most insurance plans require a physician's referral.

Q: Is there a charge for the programs?

A: Yes, group and individual sessions have a charge, however most insurance programs cover diabetes self-management training and some nutrition counseling. Contact your insurance provider to find out coverage for DSME (Diabetes Self-Management Education) and MNT (Medical Nutrition Therapy).

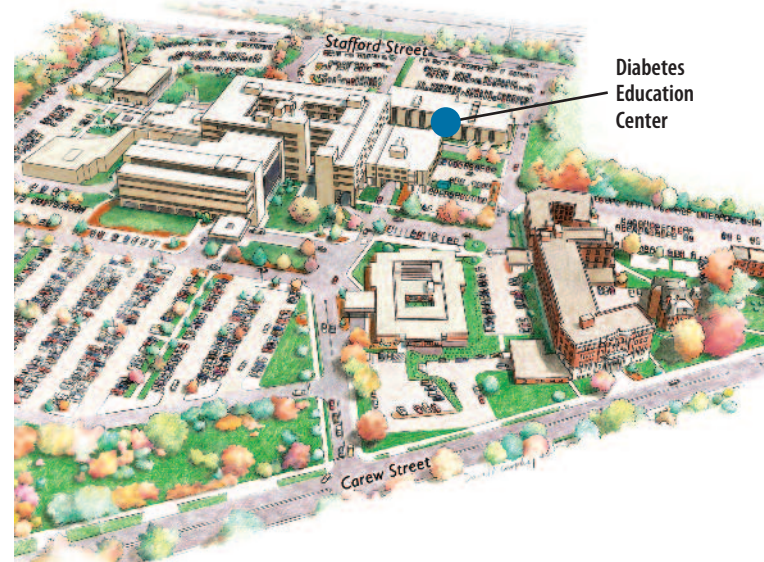
Q: Can I bring someone with me?

A: We recommend you ask a family member or friend to attend sessions with you.

"The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education."



Mercy Medical Center Springfield Campus
271 Carew Street, Springfield, MA 01104



From the North: Take Route 91 South to exit 8: Route 291/20 East. Take exit 3: Armory Street. Go through traffic light and then follow rotary around to the left. At the blinking red light, go straight onto Stafford Street. Mercy Medical Center is about one-half mile on the right.

From the South: Take Route 91 North to exit 8: Route 291/20 East. Take the first exit, 2B: Dwight Street. Turn left at the stop sign onto Dwight Street. At the second traffic light, turn right onto Carew Street. Mercy Medical Center is one-half mile on the right.

From the East: Take Route 291 West to exit 3: Armory Street. Take your first left. Follow directions from the North listed above.

From the West: Take Route 90/Mass Turnpike East to exit 6: Route 291 (Springfield/Hartford). At the traffic light, turn left onto Route 291 West (Springfield). Take exit 3: Armory Street. Take your first left. Follow directions from the North listed above.

Diabetes Education Center

Mercy
MEDICAL CENTER

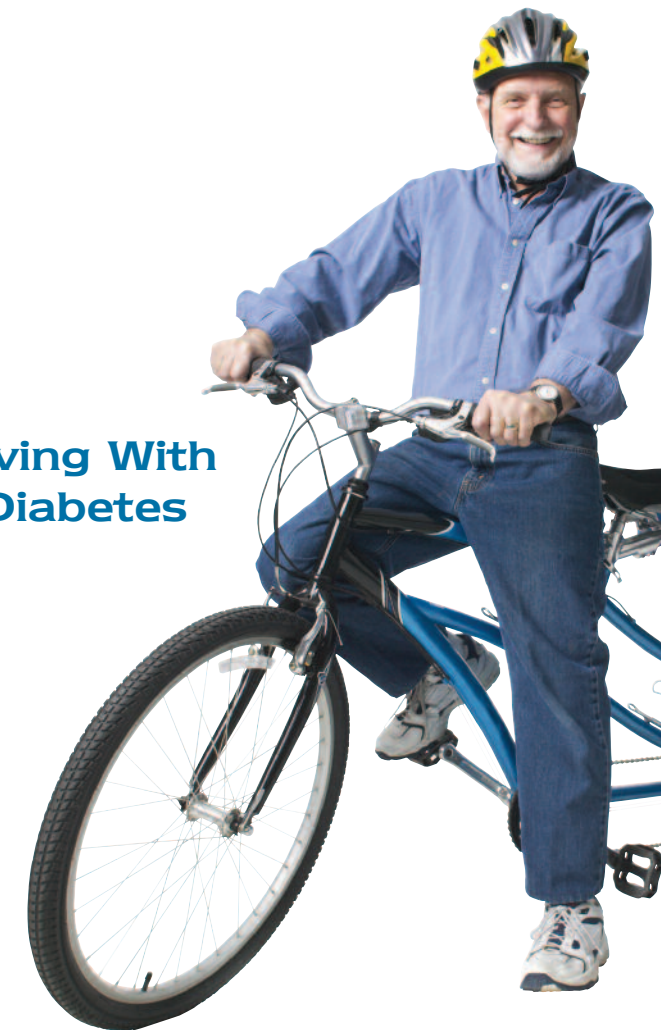
MERCY CAMPUS

300 Stafford Street, Suite 253, Springfield, MA 01104
413-748-7000 • MercyCares.com

A member of the Sisters of Providence Health System and CHE Trinity Health, sponsored by the Sisters of Providence.

Diabetes Education Center

Living With Diabetes



Mercy
MEDICAL CENTER

Diabetes Education Center at Mercy Medical Center

The Diabetes Education Center at Mercy Medical Center provides the latest in diabetes self-management education. It is recognized by the American Diabetes Association and meets the National Standards of Excellence in diabetes education.

Services are provided by Certified Diabetes Educators (CDE's) who are registered nurses and registered dietitians and have special training in caring for people with diabetes.

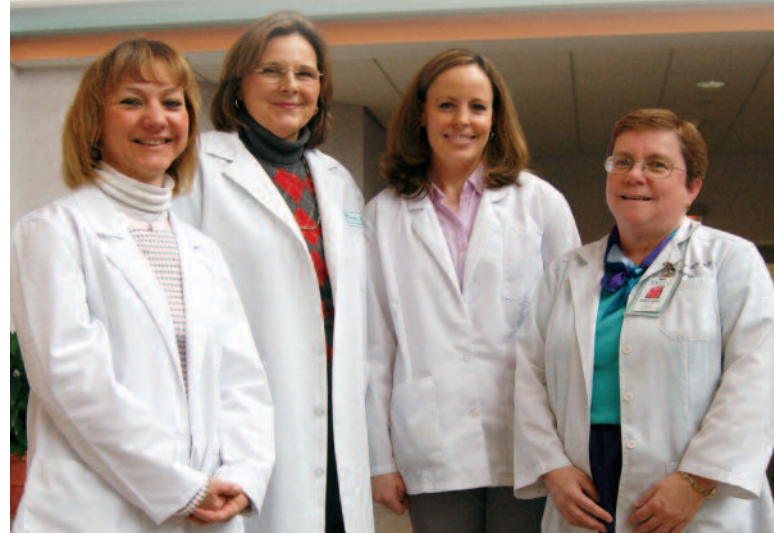
Diabetes education focuses on seven self-care behaviors for improved health status and greater quality of life.

The AADE7™ * Self Care Behaviors are:

- Healthy eating
- Monitoring
- Problem solving
- Reducing risks
- Being active
- Taking medication
- Healthy coping

* American Association of Diabetes Educators 7 Self-Care behaviors

Bottom photo, from left to right: Patricia Moriarty, RN; Roberta Ruland, RD, Nutrition Educator; Maureen Gallant, RN and Mary Anne Sopelak, RD, Diabetes Education Coordinator



Diabetes Education Services

“Caring for Your Diabetes A to Z”

Do you want to learn more about managing your diabetes?

Are you trying to lower your risk of developing diabetic complications?

This series provides comprehensive, self-management diabetes training and will cover topics such as nutritional management, exercise and physical activity, diabetes medications and their effects, psychosocial adjustment, blood sugar monitoring and risk reduction techniques for chronic complications.

At the end of this series, you will be able to answer the following questions:

- What should I eat?
- How will diabetes medications affect me?
- What effect does exercise have on my diabetes?
- How do I prevent and treat low blood glucose levels?
- How do I manage my high blood glucose levels?
- What can I do to lower my risk for diabetic complications?
- How does stress affect my diabetes?
- How can family, friends and health care providers support me?



This series includes an assessment and concludes with a follow-up class after six weeks.
To register for this series, call the Diabetes Education Center at 413-748-7000.

Diabetes Instruction

Individual and Group Classes

Do you need to learn skills that will help you live with diabetes?

Are you interested in making healthier food choices, learning how to monitor your blood glucose levels, or learning to manage your diabetes with an insulin pump?

Each class will give you the tools you need to keep your diabetes in check.

How to Use Your Blood Glucose Meter:

- Obtaining a blood sample
- Using a blood glucose meter
- Safely discarding the lancet and strips

Meal Planning:

- Eating the right foods
- Eating at the right times
- Counting carbohydrates
- Designing your meal plan

Blood Glucose Monitoring:

- Understanding the significance of your results
- Recognizing and managing patterns

Insulin Pump Therapy:

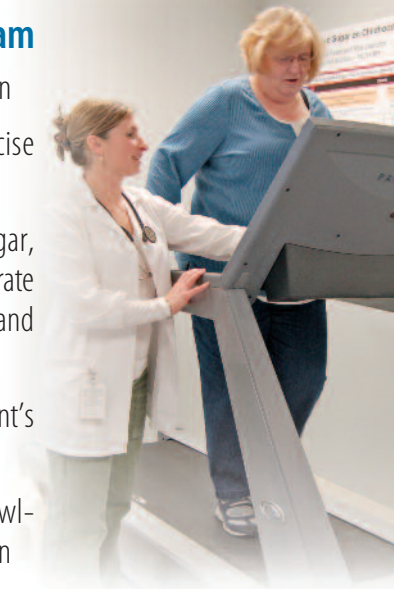
- Preparing for pump therapy
- Using an insulin pump
- Managing diabetes using an insulin pump

Group classes are held daily.
Individual instruction is offered daily.
Day and evening hours are available.
Call the Diabetes Education Center at 413-748-7000 to schedule an appointment.

Diabetes Exercise Program

Benefits of the Program

- Personal exercise prescription
- Supervised by an Exercise Physiologist
- Blood pressure, blood sugar, oxygen saturation, and heart rate are monitored pre, post and during exercise.
- Clinical reports sent to patient's doctor upon request.
- Gain confidence and knowledge to exercise on your own



How to Join

If you are interested in the program please call us at 413-748-7175. We will schedule an orientation time and help with obtaining medical clearance from Primary Care and other Health Providers.

Does Insurance Cover the Program?

Insurance does not cover the program. It is self-pay by cash or check. Depending on your insurance company/coverage plan you *may* be reimbursed after completion of program. Call your insurance company to inquire about the health benefits.

What happens after the eight weeks?

Mercy has an affiliation with a health club in the area. You will be awarded a trial membership at the health club in which you will be able to apply what you have learned and continue making exercise a part of your new lifestyle.

The exercise program is an eight week individualized structured exercise program held at the Mercy Campus and lasts about one hour. Classes are small (5-8 people) to allow for personal instruction and attention.
Call 413-748-7175 for information and cost.