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Take Charge of your Diabetes

1.) What is Diabetes?

- a.) Basic Physiology
- b.) Types of Diabetes
- c.) Complications of Uncontrolled Diabetes
- d.) Common Symptoms
- e.) Who's at Risk?

2.) How do I Prevent Diabetes?

- a.) Disease Process
- b.) Risk Factor Management
- c.) Lifestyle Adjustments

3.) How to Manage Diabetes?

- a.) What Questions to Ask Your Healthcare Provider
- b.) Tests You Will Need
- c.) Practice Routine Self Care

4.) Where Can I Learn More?

- a.) Ask Your Healthcare Provider for a Referral to the SIH Diabetes Education Program
- b.) Live Well Be Well – Take Charge of Your Health Workshops
- c.) Interactive Online Diabetes Education
- d.) Other Resources

5.) How Can I Help?

- a.) Help Yourself
- b.) Help Someone Else