

## INTENSIVE INSULIN TREATMENT PROGRAM

This instruction is based on intensive insulin management principles.

- Multiple injection therapy guidelines
- Insulin dose adjustment
- Blood glucose pattern interpretation
- Problem solving skills
- Carbohydrate counting

Please call to schedule an appointment.  
Number of sessions varies per individual.

## INSULIN PUMP TREATMENT PROGRAM

This program is designed for external insulin pump initiation. Participants will begin using the insulin pump on day one of the course and will be trained on all aspects of pump therapy during the intense two-day program.

- Pump therapy principles and operations
- Dose calculations
- Pattern management
- Advanced carbohydrate counting

Please call for class dates and registration. 2-day class.

## SWEET SUCCESS — THE DIABETES AND PREGNANCY PROGRAM

This certified California Diabetes and Pregnancy Program helps with managing diabetes throughout pregnancy to ensure the best possible outcome for mother and baby.

Instruction covers:

- Nutrition / Meal Planning
- Exercise
- Blood Glucose Monitoring
- Emotional Support / Stress Management
- Guidelines for future diabetes risk

Preconception services are also offered to women with type 1 and type 2 diabetes for successful pregnancy planning.

Please call to schedule an appointment. Services are ongoing throughout pregnancy.

## INDIVIDUAL APPOINTMENTS

Individual appointments with a nutrition educator or nurse educator are also available.

Please call to schedule an appointment.

## DIABETES SUPPORT GROUP MEETINGS

This support network for adults with type 1 and type 2 diabetes provides a time and place for people with diabetes and their loved ones to give and receive support dealing with an illness that can be demanding and challenging. Guest speakers featured at some meetings.

Please call for dates and times. No fee.

## FEE-FOR-SERVICE PROGRAMS

## PRE-DIABETES COURSE

This three-hour course is for those diagnosed with pre-diabetes or metabolic syndrome. It has been proven that, with small lifestyle changes, we can prevent type 2 diabetes. You will learn lifestyle modification strategies used in the Diabetes Prevention Program that will give “Big Rewards” and move you toward a healthier way of living.

Please call for class dates and registration.  
3-hour session. \$75 fee.

## WEIGHT LOSS AND DIABETES PROGRAM

Participants in this 8-week series will initially meet individually with a registered dietitian, certified in diabetes education, for ½ hour to receive an individualized meal plan designed for weight loss, BMI screening, waist circumference measurement and body fat analysis.

Participants will then meet every week for 1 hour.

The program includes ongoing support via weigh-ins, food log reviews, telephone support, group support, and helpful weight loss tips, as well as presentations by experts in the field of weight loss.

At the end of the series, the participant will receive a final weigh-in, BMI, body fat analysis, and waist measurement.

Please call for class dates and registration.  
Fee: \$20 for initial appointment; \$60 for the remainder of the series.

## MEAL PLANNING WORKSHOP

Along with a registered dietitian, you will plan a sample breakfast, lunch and dinner menu following the appropriate nutrient levels.

Focus will be on a week's worth of selected meals, plus snack options.

Please call for class dates and registration.  
1.5 hour session. \$15 fee.  
2 hour session. \$20 fee.

## GROCERY STORE TOUR

Participants are taught basic food label reading skills prior to start of store tour. Includes market tour and practice of label reading, discussing appropriateness of particular food items and how these items work into a usual meal plan.

Location: Trader Joe's in San Carlos

Please call for class dates and registration.  
1.5 hour session. \$15 fee.

## INSURANCE INFORMATION

A physician referral is required for many of our services. Prior authorization may need to be obtained if you have an HMO plan.

We encourage those with PPO, EPO or POS plans to contact their insurance company to ensure that these courses/appointments are covered benefits. Billing is done by Sequoia Hospital. CPT code 99215 is used for individual appointments, and CPT code 99078 is used for group appointments.

Our classes and group meetings will be held at the Sequoia Health & Wellness Center during the hospital rebuilding project. The Health & Wellness Center is located at 749 Brewster Avenue, Redwood City, CA. Individual appointments will continue to be held at the main hospital. Please call (650) 367-5213 with questions or to schedule appointments or class dates.

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

## DIABETES CENTER 2011



# THE DIABETES CENTER: A Resource for you and your physician

Diabetes education is a tradition at Sequoia Hospital. We believe that, with the proper education and support, anyone with diabetes can live a full, healthy and productive life.

## Diabetes is a Disease of National Importance

Approximately 23.6 million Americans (7.8% of the population) have diabetes and 57 million Americans (40% of the population) between the ages of 40-74 have pre-diabetes (not including children). Due to our unique ethnic diversity, the incidence of diabetes is even higher in San Francisco and San Mateo counties. This life-long disease presents difficult challenges. We are here to provide education and support so that you have the ability to manage your diabetes and reduce your risk of complications. Complications may include: heart disease, kidney disease, high blood pressure and high cholesterol.

## Intensive Therapy Can Prevent Complications

Data from the Diabetes Control and Complications Trial (DCCT), the most comprehensive study ever undertaken in the field of diabetes, confirmed that intensive therapy (near normalization of blood glucose levels) will reduce your risk of complications.

## The Team Approach to Preventive Healthcare

Preventive care is the best way to treat people with diabetes. The team of healthcare educators at the Diabetes Center, in accordance with the American Diabetes Association (ADA) standards, provides the education and training necessary for you to manage your diabetes. Our primary objective is to help you learn to manage your diabetes and reduce the risk of complications. Our team of professionals will enable you to take control of your diabetes and your life. Knowledge is key.

## Working Together

Managing diabetes is a team approach. Patients, their physicians and the educators of the Diabetes Center are all players. Our goal is to empower patients with knowledge. We teach those with diabetes a variety of skills and give you the tools necessary to lead a healthy life.

## Quality Services

People of all ages with diabetes will find help through our classes, individual appointments and support groups. The center has services available for those with pre-diabetes, type 1 or type 2 diabetes, as well as for those with diabetes and pregnancy. In addition to our outpatient services, we also support those with diabetes who are inpatients at Sequoia Hospital.

## Certifications

The Diabetes Center is certified by the American Diabetes Association and is recognized as a Certified California Diabetes and Pregnancy Program. We are proud of our quality services and are widely known in the community for our excellence.

## Who We Are

Our team includes certified diabetes educators, nurses and dietitians. Two independent endocrinologists serve as the medical directors of the Diabetes Center. Endocrinologists are physicians who specialize in diabetes. All of the experienced and compassionate professionals are here to assist and support you in dealing with this chronic disease.

## Integrated Health

At Sequoia we look at the whole person and offer an integrated approach to your health. Diabetes is sometimes linked to other health issues such as heart disease, sleep apnea and obesity. For more information please call:

- The Heart and Vascular Institute: (800) 31-HEART or (800) 314-3278
- The Sleep Disorders Center: (650) 367-5137
- Weight Management: (650) 482-6065

## RISK SURVEY

If you are concerned that you may have high blood sugar issues or diabetes please take the following risk survey:

- I have been very thirsty all the time.
- I am urinating more frequently both day and night.
- My appetite has increased, although I have been losing weight.
- I have been very tired lately.
- My eyesight has become increasingly blurry.
- I have been generally weak with pains in my stomach, overall achiness, nausea and vomiting.
- I have skin infections or frequent yeast infections.
- I have had gestational diabetes.
- I have a family history of diabetes.
- My feet are painful and numb or I have a foot sore (ulcer) that does not heal.
- I have high blood pressure
- I have high cholesterol

If you checked two or more boxes, you should be evaluated by a physician. Be aware that diabetes can also be linked to the following health conditions: heart disease, sleep apnea, and obesity.

## 2011 CLASSES

A physician referral is required for most classes and appointments. Please call (650) 367-5213 to confirm dates or to schedule appointments or classes. Dates are subject to change.

### DIABETES METER INSTRUCTION

Everyone is welcome, appointment is required.

A blood glucose meter will be provided. A diabetes educator will instruct on blood glucose monitoring and goals.

Please call to schedule an appointment. 1-hour class. No fee.

### COMPREHENSIVE DIABETES SELF-MANAGEMENT COURSE

This 10-hour course is recognized as a program of excellence by the American Diabetes Association. It is designed to present techniques and strategies that will help enable better management of diabetes, reduce the risk of complications and lead to a healthy life. Medication management, blood glucose monitoring, meal planning, stress management, exercise and goal setting are among the topics covered. A meal is included each day of class; practice what you've learned with dietitian guidance.

Please call for class dates and registration. Two 5-hour sessions.

### SELF-MANAGEMENT REFRESHER COURSE

This two-hour course is designed for those who have previously taken the Comprehensive Self-Management Course. Content will include nutrition review/carbohydrate counting, ethnic foods/dining out, and updates on new diabetes treatments.

Please call for class dates and registration. 2-hour session.



## Sequoia Hospital

A member of CHW

### Sequoia Hospital Diabetes Center

(650) 367-5213

Sequoia Hospital Health & Wellness Center

749 Brewster Avenue  
Redwood City, CA 94063

Sequoia Hospital

170 Alameda de las Pulgas  
Redwood City, CA 94062  
(650) 369-5811

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