



Our Comprehensive Diabetes Education Program offers you the resources you need to help keep your diabetes under control. Keeping your diabetes under control means avoiding or delaying the complications associated with diabetes. In small groups or with individual counseling, you will learn how to make positive lifestyle changes.

## Our Mission

With caring and compassion, we will improve the health and quality of life of the people we serve.

For more than 80 years, Glendale Memorial Hospital and Health Center has grown along with the community, evolving into one of the region's premier healthcare providers.



- 1 – Hospital Main Entrance / Heart Center
- 2 – Emergency Department / Chest Pain Center
- 3 – Marcia Ray Breast Center
- 4 – Colorectal Surgery Institute
- 5 – Women's Center

For a physician referral or a second opinion, call Doctor Finder, Glendale Memorial's FREE physician referral service, at (818) 502-BEST (2378).



**Dignity Health™**  
Glendale Memorial Hospital  
and Health Center

## Diabetes Education and Nutrition Program



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## The Nutrition Program

The Nutrition Program offers individual nutrition education and counseling in the following specialties:

- Diabetes/hypoglycemia
- Cholesterol reduction
- Congestive heart failure (CHF)
- Low sodium meal planning
- Gastrointestinal disorders
- Disease/risk management
- Weight loss and management
- Vegetarian meal planning
- Drug/nutrient interactions

Learn about healthy food, menus, snacks and restaurant eating tips. Our registered dietitians can custom-tailor meal plans with special dietary needs.

## Diabetes in Pregnancy

As an affiliate of the Sweet Success California Diabetes and Pregnancy Program (CDAPP), our program offers comprehensive preconception, prenatal and postpartum education to pregnant women with diabetes. Group and/or individual instruction on meal planning and glucose meter use is offered to each patient by a nurse and a dietitian that are Certified Diabetes Educators.

For further resources go to the following websites:

- [www.cdph.ca.gov/programs/cdapp/Pages/default.aspx](http://www.cdph.ca.gov/programs/cdapp/Pages/default.aspx)
- <http://www.cdappsweetsuccess.org/consumers.aspx>

## Glendale Memorial's Diabetes Education Program

Our program was the first in the area to be recognized by the American Diabetes Association (ADA). This means we meet the ADA's national standards for diabetes education. Our highly qualified staff is dedicated to providing you with the best education. To sign up for our classes, please call (818) 507-4616.

The Diabetes Education Program offers classes in diabetes self-management, as well as individual instruction and nutrition counseling in English, Spanish, and Armenian.

## Diabetes Management Classes

This program is offered in a series of four group classes, dealing with the various aspects of living with diabetes. Day and evening classes are available.

CLASS ONE	CLASS TWO
<ul style="list-style-type: none"><li>• What is diabetes?</li><li>• Types of diabetes</li><li>• Risk factors</li><li>• Symptoms</li><li>• Treatment options</li></ul>	<ul style="list-style-type: none"><li>• Healthy eating</li><li>• Meal planning</li><li>• Food groups</li><li>• Portion control</li><li>• Timing of meals</li><li>• Carbohydrate counting</li></ul>
CLASS THREE	CLASS FOUR
<ul style="list-style-type: none"><li>• Medications</li><li>• Relationship of medications to diet</li><li>• Hypoglycemia/Hyperglycemia</li><li>• Blood glucose monitoring/Hgb A1c</li><li>• Sick day guidelines</li></ul>	<ul style="list-style-type: none"><li>• Exercise</li><li>• Foot care</li><li>• Benefits of good control</li><li>• Complications</li><li>• Living with diabetes</li><li>• Stress management</li><li>• Community resources</li></ul>

## Individual Diabetes Education

Individual instruction is offered to the patient as well as to his/her significant other on a one-to-one basis, in the following areas:

- General diabetes mellitus education
- Insulin administration
- Glucose meter instruction
- Diabetes nutrition education and counseling



For more information on our  
Diabetes Education and  
Nutrition Program, please call

**(818) 507-4616**

For a FREE physician referral, call  
**(818) 502-BEST (2378)**

Or visit us 24-hours a day at  
[glendalememorialhospital.org](http://glendalememorialhospital.org)