

DuPage Medical Group

WE CARE FOR YOU

# diabetes education programs

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## *careful management* means a full, active life

When you have diabetes, quality personalized care helps minimize complications so you can continue to live a full, active life.

At DuPage Medical Group we believe team management of diabetes achieves the best results. In fact, our Diabetes Education Program is recognized by the American Diabetes Association and meets the national standards of diabetes management. We've been working with patients with Type 1, Type 2 and Gestational diabetes since 1975, helping them live life to their full potential.

Because diabetes is a complex illness, our care team includes board certified physicians and certified diabetes nurse educators and dietitians. We are here to help you and your family, develop practical skills and facilitate lifestyle changes that will control diabetes and prevent complications.

We invite you to find out more about our programs by checking our website and having a discussion with your primary care physician.



## *you're at the center of our programs*

*The Diabetes Center offers group education classes and individual appointment programs for patients of all ages with Type 1 or Type 2 diabetes.*



### *the diabetes nurse educator*

Our nurse educators provide information and skills you will need to manage your diabetes effectively. Subjects discussed include: what is diabetes, blood glucose monitoring, exercise, oral medications, sick day management, blood glucose goals, prevention of complications, insulin therapy, stress management and the value of a support system.

### *the nutrition educator*

Our dietitians work with you to develop an individual meal plan based on your special needs and tastes. Information discussed includes types of foods, what is a carbohydrate, how carbohydrates affect blood sugar, how to read food labels, healthy food choices, carbohydrate counting and awareness of a variety of foods that contribute to a your specific meal plan.

### *type 2 group education*

The more you know about diabetes, the easier it is to stay healthy and free of complications. This comprehensive series of three classes is for persons with Type 2 diabetes. You will learn a practical approach to diabetes management. Class content includes information on diabetes, blood glucose monitoring, exercise, nutrition, prevention of complications and goals for glucose, blood pressure and cholesterol. The classes are a covered benefit for Medicare. Classes are held at several locations and times. You are encouraged to bring a family member to your classes.

### *insulin pump therapy*

DuPage Medical Group Endocrinology has a comprehensive insulin program. The endocrinologists collaborate with our diabetes nurse practitioner, nurse educators and registered dietitians (all are certified diabetes educators). The program is designed to prepare you for safe and efficient use of the latest technology in insulin pump therapy.



### *bloomingtondale*

30 Stratford Drive  
Bloomingtondale, IL 60108

### *downers grove*

3743 Highland Avenue  
Downers Grove, IL 60515

### *glen ellyn*

454 Pennsylvania Avenue  
Glen Ellyn, IL 60137

### *hinsdale*

908 N. Elm Street, Suite 301  
Hinsdale, IL 60521

### *naperville*

1020 E. Ogden Avenue  
Naperville, IL 60563

To schedule an appointment  
or for more information,  
please call 630 286 5090.

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