

Diabetes Control & Education is our Mission.

Everyone knows that diabetes is one of the most serious health issues we face today. But what you may not know is that with proper care and management, the condition can be controlled, and those who have it can lead healthy, active lives.

At Catawba Valley Medical Center, we take a team approach to diabetes care and management. Our highly skilled and attentive doctors, nurses, dietitians, pharmacists, counselors and exercise specialists – all of whom have been well-trained in the most current methods of treating diabetes - will work closely with you to tailor a program to fit your specific needs and lifestyle.

The Benefits of Day or Evening Education Programs

Knowledge and understanding are the most important tools in the fight against diabetes. That's why we offer a comprehensive education program to help you learn ways to control and manage the effects of the disease.

In either a classroom or one-on-one setting, you can learn about these vital topics:

- Nutritional Therapy
- Exercise
- Blood Glucose
- Diabetes Medications
- Intensive Insulin Therapy Programs
- Stress Management
- Complications Associated with Uncontrolled Diabetes
- Sick Day Management
- Diabetes Self Management

We also offer Pre-Diabetes, Insulin Pump Therapy, Continuous Glucose Monitoring, Gestational and Nutritional programs as well.



Insulin Pump Therapy Program

An insulin pump is exactly what it sounds like – a portable electronic device that delivers insulin when needed. For many people, the use of an insulin pump has offered dramatic improvement in lifestyle control and flexibility. Working with your physician and health care team, you can determine whether this option best meets your own specific diabetes care needs.

Continuous Glucose Monitoring System

Continuous Glucose Monitoring System is another high-tech device, one that closely follows your glucose levels every 5 minutes for up to 3 days at a time. This information is automatically downloaded to your physician, who can then determine an appropriate therapy for blood sugar management.



Gestational Program

Gestational diabetes is usually a temporary condition that disappears after the baby is born, but it is very important to keep a close eye on it during pregnancy. To help ensure proper care for both mother and baby, our Gestational Program offers specific education on such topics as blood sugar management, meal planning and medication use, if necessary. Your physician will determine if the gestational program is needed for you.

Nutritional Therapy

In our Nutritional Therapy program, you will receive one-on-one counseling with a registered dietitian, who will help devise a meal plan specific to your personal needs. They will provide you with easy-to-follow guidelines about what you can eat, when you can eat it, and how it will affect your blood sugar levels.

Classes are held throughout the month to meet your scheduling needs. Please call 828-326-3442 to schedule your first class today. Your diabetes health care team also hosts an adult diabetes education group at the CVMC Health First Center located at the Valley Hills Mall. Call the number above for more information.



The Center for Diabetes Control has been recognized by the American Diabetes Association for its education program since 1993.



 **CATAWBA VALLEY
MEDICAL CENTER**
THE **CENTER** FOR **DIABETES** CONTROL

*Diabetes can be overwhelming.
We can help.*

If you have questions and concerns about diabetes, The Center for Diabetes Control at CVMC can help. Through our comprehensive program you can learn to eat right, monitor your condition, and regain the levels of physical activity you desire. Why let diabetes control you when you can control it? Call us today to find out how.

810 Fairgrove Church Road, SE
Hickory, NC 28602
828-326-3442

www.catawbavalleymc.org



32nd Magnet Hospital in the Nation
Two-time Award Recipient

 **CATAWBA VALLEY
MEDICAL CENTER**
THE **CENTER** FOR **DIABETES** CONTROL

*What you don't know
about diabetes can
hurt you.*

**Catawba Valley Medical Center's
ADA recognized Diabetes
Education Program.**

