

# Community Diabetes Education Program

at Community Medical Centers

Educating individuals to manage their diabetes since 1984.



## Diabetes Self-Management Education and Support Program (DSMES)

The DSMES empowers those with diabetes to live a healthy and active life. Our staff includes Certified Diabetes Educators, RNs and RDs. Our program has been recognized by the American Diabetes Association since 1995.

The program includes an assessment, meter training and 10 hours of diabetes education in a group or individual setting depending on patient's learning needs. The self-management education and support program covers the following topics:

- Diabetes overview
- Nutritional management
- Exercise and activity
- Medication
- Self-monitoring blood glucose
- Acute and chronic complications
- Psychosocial issues
- Setting behavioral goals and resources
- Available in both English and Spanish

The American Diabetes Association recognizes Community Diabetes Education in accordance with the National Standards for Diabetes Patient Education Program and is a Sweet Success affiliate with the Diabetes in Pregnancy Program of California.

Community Diabetes Education also provides individual medical nutrition therapy for patients with chronic renal insufficiency as well as diabetes mellitus. This is a covered Medicare benefit.

## Pre-Pregnancy Counseling

This program is for women who have diabetes or have had a previous poor pregnancy outcome and wish to become pregnant. Individuals are taught how to control blood glucose and blood pressure levels before becoming pregnant.

## Diabetes in Pregnancy Program

Our Diabetes in Pregnancy Program provides valuable training to promote the best outcome for expectant mothers and their babies. This is a comprehensive education and treatment program.

## Retinal Eye Screening

Community Diabetes Education provides on-site retinal photos and interpretation to screen for diabetic retinopathy in collaboration with the UC Berkeley Optometric Department.

## Interested in Diabetes Management Services?

Contact your primary care physician for a referral to the Community Diabetes Education Program. Physician referrals can be made through Epic EMR or by fax. Click here for a copy of the referral form or visit [www.CommunityDiabetes.org](http://www.CommunityDiabetes.org).



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**Hours of Operation: Monday to Friday: 8 a.m. to 5 p.m.**