

Adult Diabetes Program



Whether you're newly diagnosed or have been living with diabetes for years, the disease can be overwhelming. Our physicians and certified diabetes educators specialize in the management of diabetes—it's what they do all day, every day. We can help you (and your family members) understand how your medications and testing gadgets work, what all those confusing numbers mean, and how to make your lifestyle changes stick. Our ultimate goal is to empower **you** to manage your diabetes, prevent complications...and live **well**.

Personalized care.

**Available at Anschutz Medical Campus, Boulder Family Medicine, Westminster Family Medicine, Lowry Internal Medicine, Highlands Ranch Hospital and Lone Tree Family Medicine.*

You'll start with a one-hour visit with a diabetes educator at one of our six locations. During this one-on-one visit, the educator will get to know you, answer your questions, and conduct an awareness assessment to determine your level of diabetes knowledge. You are encouraged to bring a family member or support person with you—more knowledge is always a good thing. Also, please bring a list of medications you are taking, your blood glucose meter (if you have one), and a record of what you have been eating and drinking for the past three days.

Group classes.

**Available at the Anschutz Medical Campus.*

After your intake meeting, you're encouraged to attend our informative group classes—each designed to address a specific group of topics that can help you live healthier—and happier—with diabetes.

For class schedules and more information, please call 720.848.2650.

Diabetes overview (three hours).

- What is diabetes?
- What causes diabetes?
- How is diabetes diagnosed?
- How do medications impact glucose levels?
- Why may I need multiple medications to treat my glucose levels?
- What are all the medication options for me?
- What is a blood glucose level?
- What causes levels to fluctuate?
- When should I check my levels?
- What do all these numbers mean?
- What should I do with high or low results?
- What is a calorie?
- What are carbohydrates?
- How does salt contribute?
- How do I read a food label?
- What is "good fat" vs. "bad fat?"
- Can I still enjoy my favorite foods?
- Which tests does my provider give, and why?
- What should my numbers be, and how do I get there?
- How do I start a physical activity program I can stick to?
- How does stress impact my blood glucose levels?
- What should I do if I get a cold or an infection?
- How do I have productive interactions with my healthcare team?

Insulin Pump and Continuous Glucose Monitoring (CGM) Prep Class (two hours).

- Am I ready for an insulin pump?
- What are the benefits of being on an insulin pump?
- What are some potential draw backs of being on an insulin pump?
- How does an insulin pump work?
- What are the differences between injections and continuous delivery?
- How can I get prepared for pump therapy?
- Which pump is best for my lifestyle?
- What are the typical insurance requirements and costs of pump and sensor therapy?
- What is a CGM?
- What are the benefits of personal CGM?
- Which CGM is best for me?

Your partner in prevention.

Remember: we're in this together. With University of Colorado Hospital Adult Diabetes Program, your diabetes education and support will continue, even after you complete our classes. We will communicate with your primary care provider or diabetes specialist about your care plan, progress, and any concerns that might arise. Additional questions or concerns? You're encouraged to set up a one-on-one appointment with a diabetes educator anytime, at the location of your choice—Anschutz Medical Campus, Boulder, Westminster, Lone Tree, Highlands Ranch Hospital and Lowry Internal Medicine.

Equipment guidance.

There are many tools that you may benefit from; insulin delivery devices and metering options customized for your lifestyle. If you see an endocrine provider at University of Colorado, you may be eligible for an insulin pump and/or a personal CGM. An educator can help you choose the right device, discuss insurance coverage, and teach you how to use your pump or CGM. You may also be eligible for a continuous glucose evaluation, using a device that tracks your glucose levels every five minutes for 7-14 days. This state-of-the-art technology enables you and your provider to fine-tune your diabetes therapy safely and easily. Ask your certified diabetes educator for details.



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