

2009 Class Series



The Division of Endocrinology, Metabolism and Diabetes offers two comprehensive class series for people with diabetes or those who have been diagnosed with prediabetes: **General Education** and **Intensive Education**. There is also a **Carbohydrate Education** class for people who need to fine-tune their diabetes nutrition knowledge. In addition, we offer one-on-one **nutrition counseling** for people who need individual attention for diabetes nutrition.

All classes take place in McCampbell Hall on the campus of OSU Medical Center, 1581 Dodd Drive, fourth floor.

To register, call **(614) 292-3800**. We do not require a referral, though it is preferred.

General

This class is ideal for people who have been diagnosed with prediabetes, are newly diagnosed with diabetes, have never attended diabetes education or need to get back on track. Concepts covered in Class One include blood glucose monitoring and target levels, nutrition education, medications and exercise. Class Two concepts include making a day-to-day plan for living with diabetes, avoiding long-term complications, treating short-term complications and evaluating current diabetes management.

Classes consist of two sessions each lasting three hours (1 to 4 p.m.). A new series starts at the beginning of each month.

Class dates:

January 7 (Class One)	May 6 (Class One)	September 9 (Class One)
January 21 (Class Two)	May 20 (Class Two)	September 23 (Class Two)
February 4 (Class One)	June 10 (Class One)	October 7 (Class One)
February 18 (Class Two)	June 24 (Class Two)	October 21 (Class Two)
March 4 (Class One)	July 15 (Class One)	November 4 (Class One)
March 18 (Class Two)	July 29 (Class Two)	November 18 (Class Two)
April 8 (Class One)	August 12 (Class One)	December 2 (Class One)
April 22 (Class Two)	August 26 (Class Two)	December 16 (Class Two)

Intensive

Intensive classes are for people who are managing their diabetes by monitoring blood glucose and taking rapid active insulin prior to each meal. Class One concepts include monitoring and recording blood glucose levels, carbohydrate counting and dosing insulin based on an insulin:carbohydrate ratio and a sensitivity factor. Class Two concepts include evaluating blood glucose trends, medication adjustments, avoiding long-term complications and treating acute complications.

Classes consist of two sessions each lasting three hours (1 to 4 p.m.). A new series starts at the beginning of each month.

Class dates:

January 8 (Class One)	May 7 (Class One)	September 10 (Class One)
January 22 (Class Two)	May 21 (Class Two)	September 24 (Class Two)
February 5 (Class One)	June 11 (Class One)	October 8 (Class One)
February 19 (Class Two)	June 25 (Class Two)	October 22 (Class Two)
March 5 (Class One)	July 16 (Class One)	November 5 (Class One)
March 19 (Class Two)	July 30 (Class Two)	November 19 (Class Two)
April 9 (Class One)	August 13 (Class One)	December 3 (Class One)
April 23 (Class Two)	August 27 (Class Two)	December 17 (Class Two)

Nutrition 1:1

These limited spots are for individuals who are current in their diabetes management but need to fine-tune the nutritional aspects of their diabetes management. A session lasts one hour with a dietitian specializing in diabetes education.

Morning time slots are 8 a.m., 9:30 a.m. and 11 a.m. Afternoon time slots are 1 p.m. and 2:30 p.m. For the all-day dates, there are five available spots.

Class dates:

January 5 (morning)	May 4 (morning)	September 14 (morning)
January 12 (afternoon)	May 18 (afternoon)	September 21 (afternoon)
January 29 (all day)	May 28 (all day)	September 28 (all day)
February 9 (morning)	June 1 (morning)	October 12 (morning)
February 16 (afternoon)	June 15 (afternoon)	October 26 (afternoon)
February 26 (all day)	June 29 (all day)	October 29 (all day)
March 9 (morning)	July 6 (morning)	November 2 (morning)
March 16 (afternoon)	July 20 (afternoon)	November 9 (afternoon)
March 26 (all day)	July 23 (all day)	November 12 (all day)
April 6 (morning)	August 3 (morning)	December 7 (morning)
April 13 (afternoon)	August 17 (afternoon)	December 14 (afternoon)
April 30 (all day)	August 31 (all day)	December 21 (all day)

Carbohydrate

The Carbohydrate Class is geared to people who are really in tune with their diabetes but need to count carbohydrates and dose insulin based on an insulin:carbohydrate ratio and sensitivity factor. If you do not have a ratio already established, one will be determined based on your medical needs.

Class times are 8-10:30 a.m.

Class dates:

January 14	May 13	September 16
February 11	June 17	October 14
March 11	July 8	November 23
April 15	August 19	December 9