

Let Us Manage Your Course To Success

Dameron Hospital Diabetes Management Program

is a proven path to lifestyle control and enjoyment. We have in-house counselors and educational tools that puts your success within reach.

Easy To Follow Road Maps To Success.



Journey to Control Utilizing the U.S. Department of Health "Diabetes Conversation Maps"



A Winning Addition To Dameron Hospital's Women's Services

Dameron Hospital is San Joaquin County's certified affiliate of the California Pregnancy & Diabetic Program. The program is managed by Carolyn Sanders, R.N., facilitated by Pat Hoskins, R.N. Certified Diabetic Educator, Dawn Siberts, Registered Dietician and Certified Diabetic Educator, Jaspal Griffen, M.S.W. and Robert Southmayd, D.O. Medical Director. Diabetes is at epidemic levels, and Dameron Hospital has taken a lead in responding to diabetic pregnancy evaluation and successful infant development. The State authorized program covers: diet, social behavior, insulin management, and lifestyle counseling. Sweet Success at Dameron is supported by a full service Hospital with Community Level Low and High Risk Perinatal Services and a Community California Service approved Level III Neonatal Intensive Care Unit. In response to our County's diversity, Dameron Hospital's Sweet Success program is also communicated in Spanish.

FOR MORE INFORMATION on Gestational Care, please contact Carolyn Sanders regarding Sweet Success and Dameron Hospital's numerous Women's Services.



More Than Healthcare – Your Care!

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Diabetes

Awareness,
Management
and Education

We Can Help You Lead
a Normal Lifestyle

Lifestyle Success Begins With Education

If you have been diagnosed with Diabetes, Dameron Hospital is here to help you lead a normal lifestyle. Our on-site program covers every stage of Diabetes and we are proud of our long history of successful Diabetes management consulting. Our patients achieve lifestyle success with our caring guidance. Dameron Hospital has a full staff of Dietitians, Registered Nurse Diabetes Educators, Social Workers and Physicians to assist local residents maintain a normal Central Valley, active lifestyle. Let us help you lead a normal life while successfully managing Diabetes.

Diabetes Outpatient Education Program

*Introducing Journey to Control Using US Department of Health
“Diabetes Conversation Maps” every Monday from 4:00pm to 6:00 pm.
Classes do not have to be completed in order but classes are limited to 15 attendants.*

MAP 1 Overview of Diabetes -1st Monday of each month: *January 4, February 1, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, and December 6.*

- What diabetes is and common myths about diabetes
- Feelings that surround one trying to manage diabetes
- The importance of monitoring blood glucose
- Managing diabetes with healthy eating, physical activity and medications

MAP 2 Healthy Eating - 2nd Monday of each month – includes buffet to aid in making wise food choices in moderation: *January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, and December 13.*

- The relationship between diabetes and food
- Feelings about food and healthy eating
- How what you eat, how much you eat and when you eat can affect your blood glucose
- Meal planning and other strategies for healthy eating

MAP 3 Monitoring and Using your Results – 3rd Monday of each month – includes new glucose monitor: *January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20.*

- What blood glucose and insulin are
- Blood glucose targets and reactions to out of range levels
- What can cause blood glucose to go up and down and preventing high and low blood glucose
- Using your monitoring results to manage your diabetes

MAP 4 Natural Course of Diabetes - 4th Monday of each month: *January 25, February 22, March 22, April 26, May 24, June 28, July 26, August 23, September 27, October 25, November, 29 and December 27.*

- The natural course of diabetes
- The potential long-term complications of diabetes
- How to delay or reduce the risk of long-term complications of diabetes
- Knowing your ABC's



*More Than Healthcare,
Your Care!*

Register by Calling
(209) 461-3136 or
(209) 242 -7050

or by e-mail to
Carolyn Sanders

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