

# Diabetes education is more than information —it's empowerment.

Whether you were recently diagnosed or have been living with diabetes for years, managing it can feel overwhelming. Diabetes education gives you the tools, knowledge, and confidence to take control of your health — one step at a time.

## Managing diabetes through education can help you:

- ✓ **Reduce hospital admissions and emergency room visits**

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- ✓ **Prevent complications:**  
Learn strategies to follow preventive care guidelines and achieve better long-term health

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- ✓ **Lower healthcare costs**

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- ✓ **Improve daily life:**  
Gain practical skills for self-management, tailored to your lifestyle, goals, and culture

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- ✓ **Support mental and emotional health:**  
Learn coping strategies and get emotional support to manage stress



**Anne Potter, RN/CDCES**  
Diabetes Education

“I marvel daily at the power and strength of patients who learn that lifestyle changes and self-management skills can change the course of their chronic disease.”

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To schedule an appointment,  
**call 360-374-6998**

[forkshospital.org](http://forkshospital.org)



**Forks  
Community  
Hospital**

# What You Can Expect in Diabetes Education

We want you to leave each session feeling empowered, informed, and hopeful. You are not alone—your care team is here to support you every step of the way.



## Self-Care Skills

Learn the seven essential behaviors—Being Active, Monitoring, Problem Solving, Reducing Risks, Healthy Eating, Healthy Coping, and Taking Medication.



## Personalized Guidance

One-on-one sessions tailored to your type of diabetes and your goals.



## Understanding Your Diabetes

Learn how your diabetes affects your body and how to respond.



## Monitoring

Learn to track blood glucose, understand patterns, and use tools like fingerstick systems and CGM (continuous glucose monitoring).



## Problem Solving

Avoid and manage high or low blood sugar and know when to seek care.



## Risk Reduction

Understand health indicators like A1c, cholesterol, blood pressure, kidney function, BMI, and strategies for smoking cessation.



## Being Active

Safely incorporate exercise into daily life and learn its effects on blood sugar.



## Healthy Eating

Meal planning, carb counting, reading labels, dining out strategies, and pairing nutrients to stabilize blood sugar.



## Medication Management

Understand how medications work, side effects, timing, and strategies to lower risk of complications.



## Healthy Coping

Learn stress management, sick day care, and strategies to protect your mental health.



## Preventing Long-Term Complications

Education supports prevention of both:

- **Macrovascular complications:** Heart disease, stroke, and peripheral artery disease
- **Microvascular complications:** Eye, kidney, and nerve damage

Diabetes is manageable. With the right skills, knowledge, and support, you can live a full, healthy life. Hope and help are here.



Scan the QR code to learn more.