

What is "Putting the Pieces Together"?

"Putting the Pieces Together" is a diabetes self management program offered through Darnall Army Community Hospital. It helps teach you the skills and knowledge necessary to take charge of your diabetes and your lifestyle.

The program helps you to get the most out of life by involving you and your family in education that emphasizes the value of blood sugar control. Keeping your blood sugars within a certain range can help you reach and maintain optimal health. It can also help prevent or delay the onset of serious complications such as kidney disease, nerve damage, blindness and amputations.



What is Diabetes?

Diabetes is a disorder in which the body does not produce or properly use insulin, a hormone that is needed to change sugar, starches, and other foods into energy needed for daily life. When insulin isn't produced, or isn't effective, sugar builds up in the blood.

Warning Signs of Diabetes

With diabetes, you might:

- Feel very tired
- Have blurred vision
- Be very thirsty
- Urinate frequently
- Have cuts or infections that won't heal
- or, you may have no symptoms.

If you have these symptoms, you may have diabetes. Ask your provider to check your blood sugar.



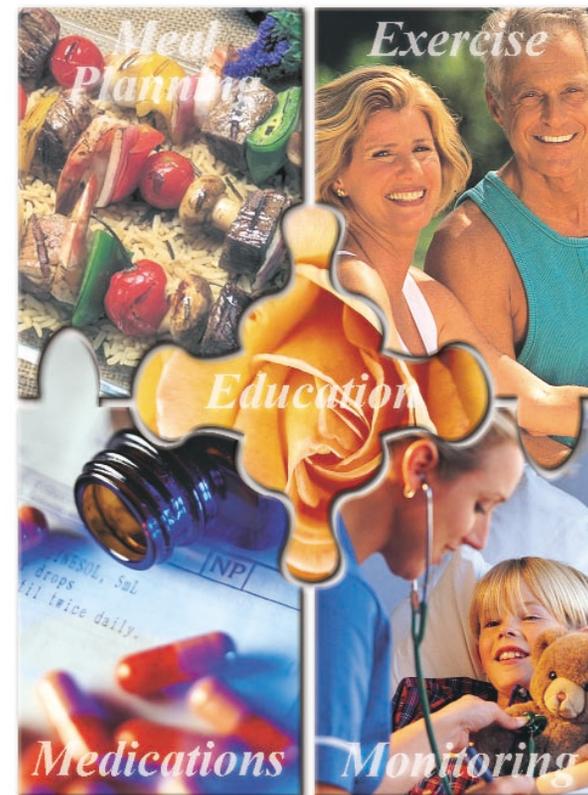
Public Affairs Office
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Diabetes

Self Management Education Program

"Putting the Pieces Together"



Darnall
Army Community Hospital

Fort Hood, Texas
www.hood-meddac.army.mil

How to Enroll

- Start with a referral from your primary care manager for "Diabetes Education."
- If you do not receive an appointment within 2 weeks of the referral, call the Internal Medicine Clinic at 288-8090.

Who is Involved?

Our program, "Putting the Pieces Together" uses a team approach. Our team of instructors includes nurses, a dietitian, dental hygienist, pharmacist and persons with diabetes. Most importantly, you are a part of the team! We also, encourage participation by your family members.

Getting Started

- The first appointment you receive will be with one of our program's Diabetes Educators. This is called a preassessment appointment and helps to identify your learning needs on an individual basis.
- The Diabetes Educator will then schedule you for the group educational sessions.

For more information, call the Diabetes Education Program Coordinator at 288-8090.

When?

"Putting the Pieces Together" is a series of four, 1/2 day sessions held on Fridays. You may register for afternoon sessions.

Where?

Classes are held in the Nutrition Care classroom in the basement of Darnall Army Community Hospital.



Topics Taught During Group Sessions

- Diabetes Overview
- Acute complications
- Resources and Diabetes Support
- How to take care of yourself when you become ill
- Meal planning
- Monitoring and Use of Results
- Exercise and Activity
- Medications
- Use of the Health Care System
- Behavior Changes
- Coping with Diabetes
- Skin, Dental and Foot Care
- Chronic Complications

