

What is Diabetes?

Diabetes is a condition in which the body doesn't make or use insulin correctly.

- When you eat, some of your food is broken down into glucose (a type of sugar). Glucose travels in your blood to all your body's cells. Your cells need glucose for energy.
- The pancreas, an organ near your stomach, contains beta cells that release a hormone called insulin.
- Insulin helps move the glucose from your blood into your cells. Insulin is like a key that unlocks the doors of your cells so that glucose can get in and be used as a source of energy. Without insulin, extra glucose can't get into the cells and it stays in the blood.

What are the symptoms of diabetes?

Symptoms of diabetes include:

- Increased thirst and dry mouth
- Frequent urination
- Fatigue
- Blurred vision
- Unexplained weight loss
- Numbness or tingling in your hands or feet
- Slow-healing sores or cuts
- Frequent skin and/or vaginal yeast infections

It's important to talk to your healthcare provider if you or your child have these symptoms.



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Diabetes Education Department

710 N. 12th Street Guthrie Center, Iowa 50115
(641) 332.3802



FITTING THE PIECES TOGETHER

with a personalized plan to manage your diabetes and live a healthier life!



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The most common types of diabetes are type 1 and type 2

- **Type 1:** In type 1 diabetes, the body makes little or no insulin, due to an immune system response that destroys insulin-producing cells. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults.
- **Type 2:** In type 2 diabetes, your body does not respond to and use insulin as well as it should. Or it may not make enough insulin. Most people with diabetes have type 2. Some risk factors for this kind of diabetes include older age, being overweight or obese, family history, and having certain ethnic backgrounds.

Diabetes Support Group

Guthrie County Hospital offers diabetes support group meetings quarterly. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.

Diabetes Self-Management Education

For adult patients with the diagnosis of diabetes or pre-diabetes.

Classes offered for:

- Type 1
- Type 2
- Gestational diabetes

The program consists of four group classes and at least one individual session or more, based on each participant's needs. Individual sessions are designed for the educators and participants to focus on particular areas of concern and allow for ongoing support after the group classes.

Our program utilizes a team approach to teaching diabetes self management. Our team includes a:

- Registered Nurse
- Pharmacist

The team communicates and works with your primary care provider to assure effective and seamless diabetes care.

Diabetes Self-Management Education

Who should participate in diabetes self-management education?

Patients who have been recently diagnosed with diabetes and patients who have had diabetes for many years.

Patients who have never received diabetes education AND patients who have received diabetes education but need a “refresher course”. Strategies for diabetes management have changed significantly over the years.

Each participant may bring one support person- a spouse, child, or friend.

What will I learn in the diabetes self-management education program?

Topics covered in our program include:

- Understanding diabetes
- Preventing and managing short-term and long-term complications
- Medications
- Exercise
- Meal planning
- Monitoring blood sugar control
- Social and emotional support

Guthrie County Hospital is a valuable resource for helping you understand why it's important to implement effective lifestyle changes that can decrease the progression of diabetes and the impact of diabetes on your life.