



Diabetes Education

Learn how to take control of your health

Be Heart Smart

Lower your risk for heart attack, stroke and other diabetes problems:

- Get physical activity every day.
- Eat less fat and salt.
- Eat more fiber—choose whole grains, fruits, vegetables, and beans.
- Stay at a healthy weight.
- Stop smoking—ask your provider for help.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Ask others to help you manage your diabetes.

Livingston HealthCare includes:

- **A** Livingston Memorial Hospital
- **A** Home Oxygen
- **B** Orthopedic and Rehabilitation Institute
- **C** Park Clinic (River Drive)
- **D** Park Clinic (West Crawford)
- **E** Home Care and Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education. www.diabetes.org



LivingstonHealthCare

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LivingstonHealthCare
the heart of community care

For your health, our campus is tobacco free.

What is Diabetes Education?

Diabetes Education provides comprehensive education to diabetes patients and their families. Staff are trained diabetes educators and provide education on nutrition, self-medication, glucose control, exercise and complications. Diabetes Education also monitors patient outcomes and provides community screenings to promote healthy patient self-management and prevent diabetes complications.

Know Your ABCs

- **A1C.** It measures your average blood glucose (sugar) over the last three months. Target: <7%
- **Blood Pressure.** High blood pressure makes your heart work harder. Target: below 130/80
- **Cholesterol.** Bad cholesterol builds up and clogs your arteries. LDL Target: below 100

20.8 million people in the US have diabetes. Unfortunately 6.2 million don't know it yet.



About Diabetes...

Pre-Diabetes occurs when a person's blood glucose levels are higher than normal, but not high enough for a Type 2 diabetes diagnosis. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Type 1 Diabetes results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1.

Type 2 Diabetes results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Diabetes Self-Management Training includes:

- Nutrition counseling
- Education on treatment trends
- Monitoring blood glucose
- Meal planning
- Exercising
- Foot care
- Preventing complications
- Other preventive care

Patient Billing

Diabetes Education is covered by most health insurances and Medicare. At your request, our business office would be happy to verify your coverage for you. Patient financial assistance may also be available.

contact us

For More Information

Talk to your physician or call **406-222-2690** to speak with a Certified Diabetes Educator.