

Learning to manage your diabetes

Diabetes is a lifelong condition that can lead to other serious health issues — if you don't learn to manage it. We can help, providing the support and education you need to conquer this disease. Community Hospital of the Monterey Peninsula's Outpatient Diabetes Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education* and Support.

The American Diabetes Association says it is critical to seek education at these four times:

- At diagnosis, so you can understand the disease, learn about treatments, set goals, and receive emotional support to live a healthy life, free of complications
- At an annual assessment, to gauge how you're doing and review skills and behaviors to maintain good health
- When complications develop, affecting your ability to manage your diabetes
- When changes in care occur, such as admission to the hospital or changes in your treatment routine

Community Hospital's dedicated team of doctors and certified diabetes educators provides the guidance and tools you need, through individual appointments and classes. These are available in English and Spanish and during daytime and evening hours. Self-referrals are welcome. Some services may be covered by insurance with a doctor's referral. We can assist in obtaining a referral.

Our team

- **Doctor:** Your personal doctor and/or endocrinologist continues to oversee your care.
- **Registered nurse-certified diabetes instructor:** Teaches self-management skills to reach your ideal blood glucose goals.
- **Registered dietitian-certified diabetes educator:** Teaches how food affects blood glucose levels and provides nutrition therapy to help you reach your health goals.
- **Social worker:** Helps you find community resources and additional assistance.

Outpatient Diabetes Program

Community Hospital
of the Monterey Peninsula

2 Upper Ragsdale Drive, Suite D200
Monterey, CA 93940
(831) 649-7220
Fax (831) 649-7221

chomp.org/diabetes



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



Community Hospital
of the Monterey Peninsula
Montage Health

DIA/SA (4/17)

Diabetes Program



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Montage Health



Classes and services

Diabetes Self-Management Therapy

This four-session class series teaches individuals and families day-to-day skills needed to live a healthy life with diabetes. We will help you understand the type of diabetes you have, the role of blood glucose monitoring in managing your diabetes, meal planning, nutrition for a healthy heart, the benefits and side effects of your medications, stress management, and problem-solving. *Self-referral welcome.**

Individual appointments

Meet one-on-one with a registered dietitian about dietary challenges or with a registered nurse to focus on blood glucose challenges, elevated A1C, or starting injectable medications, insulin and non-insulin.*

Diabetes and pregnancy

Sweet Success[®], California's diabetes and pregnancy program, provides in-depth education for pregnant women with a history of diabetes or gestational diabetes. Learn to manage your blood glucose level to protect you and your baby.*

Insulin pump training

Learn how to safely use an insulin pump and count carbohydrates.*

Continuous glucose monitoring

This in-depth look at your glucose levels and diabetes trends helps you and your doctor evaluate your diabetes management. A sensor and monitor record your glucose levels for three-to-five days.*

Weigh of Life

This series incorporates diabetes prevention practices into 12 weekly classes aimed at changing behaviors to achieve permanent weight loss. **To register, go to chomp.org/classes**

*Referral and financial information

Ask your doctor to fax a referral to (831) 649-7221 or call us to assist in obtaining a referral, (831) 649-7220. Check with your insurance provider about which services may be covered. Financial assistance may also be available through Community Hospital's sponsored care program; ask for an application.

Free education and support

Topics in Diabetes

This monthly information session is open to anyone interested in learning more about diabetes. Experts address different topics each month, including advances in diabetes care, diabetes medications, foot and wound care, and nutrition. Sessions are held the first Wednesday of each month, 7-8:30 p.m., in the main conference rooms at Community Hospital. No registration necessary.

Diabetes Support Group

These interactive groups, led by a registered nurse/certified diabetes educator, encourage people with diabetes to share experiences and concerns.

- 2nd Thursday of each month, 10-11:30 a.m.
Monterey Senior Center (Scholze Park)
280 Dickman Avenue, Monterey
- 4th Thursday of each month, 10-11:30 a.m.
Oldemeyer Center
986 Hilby Avenue, Seaside

Additional resources

- American Diabetes Association
(800) 342-2383 | diabetes.org
- Juvenile Diabetes Research Foundation
(415) 597-6303 | jdrf.org
- National Institute of Diabetes, Digestive and Kidney Disease
diabetes.niddk.nih.gov
- Office of Disease Prevention and Health Promotion
healthfinder.gov