



diabetes programs

The more you manage diabetes, the less it manages you—

The Diabetes Resource Center of Fairview University Medical Center - Mesabi uses a team approach to diabetes education recognized by the American Diabetes Association. This assures that clients and families receive high-quality diabetes education, taught by health care professionals who specialize in diabetes. Our team includes a nurse educator, two dietitians and a pharmacist.

A program of three classes spread over three months will assure that the treatment plan developed is the best plan for you. Individual sessions or home visits are available for those who qualify.

special information

An American Diabetes Association-recognized, team approach to self management education for people with diabetes and their families.



FAIRVIEW University Medical Center-Mesabi

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Diabetes Resource Center



 FAIRVIEW
University Medical
Center-Mesabi

What is diabetes?

Diabetes is a condition that causes high blood glucose (blood sugar) levels. It affects 17 million Americans and another 6 million who are undiagnosed. Diabetes is a chronic disease that can be managed, but not cured.

At Fairview University Medical Center-Mesabi, our goal is to provide a team approach to diabetes management so that you stay healthy and learn to live well with diabetes.



information

Types of diabetes

Type 1

The immune system destroys the insulin-producing cells of the pancreas. These cells stop making insulin. People with Type 1 Diabetes need insulin shots every day. Although Type 1 usually begins before age 30, it can happen at any time.

Type 2

The pancreas does not make enough insulin, or the body cannot use the insulin correctly. This is called insulin resistance. Type 2 usually occurs after age 45, but can happen at any age.

Gestational

The hormonal changes of pregnancy lead to high blood sugar levels that usually return to normal after the baby is born. Women with Gestational diabetes are at risk of developing Type 2 Diabetes later in life.

Risk factors

Many factors can contribute to a diagnosis of diabetes. "Yes" answers to the list below indicate your risk factors for diabetes:

Yes No

- Family history of diabetes
- Over the age of 45
- Overweight
- Inactivity
- High cholesterol or triglyceride levels
- History of diabetes during pregnancy
- Impaired fasting glucose or impaired glucose tolerance
- African American, American Indian, Hispanic, Asian, Alaskan Native, Native Hawaiian, Pacific Islander descent

concerns

Symptoms

The classic symptoms of diabetes are:

- frequent urination
- increased thirst
- increased hunger
- unexplained weight loss

Other common symptoms are:

- fatigue
- blurred vision
- frequent infections
- poor wound healing
- dry, itchy skin
- numbness, tingling in hands, feet & legs

Complications

High blood sugar levels can lead to serious complications. You need to take control of your diabetes to avoid these things from happening to you:

- heart and blood vessel disease
- eye problems
- kidney disease
- foot problems
- nerve damage

How is it treated?

The goals of diabetes management are:

- keep blood sugar levels in target range
- feel better every day
- prevent, delay or slow the progression of diabetes-related complications
- incorporate diabetes management into your lifestyle

Diabetes management involves development of an individualized treatment plan that best fits your lifestyle. Our team of dietitians, pharmacist and nurses can help you!

To schedule an appointment please call 218-362-6224 or toll free at 888-870-8626 ext 6224.