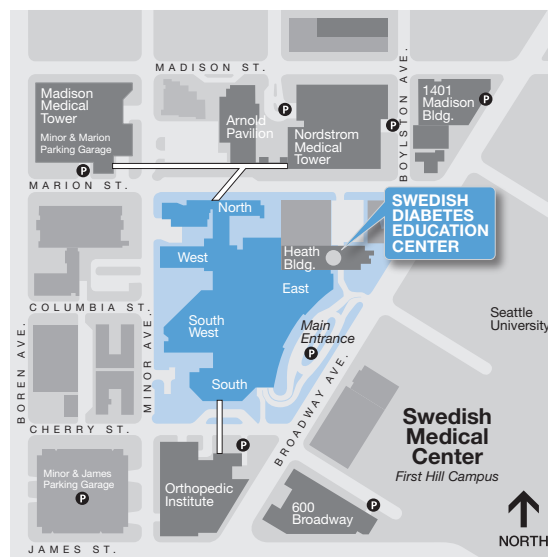


Your Partner in Diabetes Education

Whether you just learned you have diabetes or you've lived with it for many years, the more you know about your condition, the better able you'll be to control it and enjoy a healthy life.

The Swedish Diabetes Education Center offers you the educational resources, classes and programs to help you successfully manage your diabetes and reduce the risk of complications. Our certified diabetes educators provide an extensive range of individual and group classes.

We're recognized by the American Diabetes Association and approved by Medicare.



Swedish Medical Center/First Hill



DIABETES EDUCATION CENTER

801 Broadway, Suite 611
Seattle, WA 98104
T 206-215-2440
F 206-215-2457

www.swedish.org/diabetes

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Swedish Diabetes Education Center

The region's premier resource for diabetes education



Take Control of Your Diabetes

Learning as much as you can about nutrition, exercise, medication and monitoring is a critical part of taking control of your diabetes. Our diabetes educators work together with you and your doctor to create an individualized comprehensive education program.

We're here to help you learn more about:

- Meal planning
- Exercise
- Managing stress
- Insulin administration
- Use of insulin pumps, blood glucose sensors and meters



Diabetes Education Classes

Taught by registered nurses and dietitians, our classes include:

- Diabetes education
- Gestational diabetes
- Pre-diabetes education
- Introduction to Byetta and Symlin
- Introduction to insulin pumps and insulin pump starts
- Assessment of diabetes control for insulin-pump users
- Support group
- Medical nutrition therapy
- Blood glucose self-monitoring
- Exercise education

All classes are taught in English; interpreters are available. Call 206-215-2440 for more information or view a class schedule at www.swedish.org/diabetes.

Your Diabetes Education Appointments

You'll meet individually with a nurse and a nutrition educator or attend group classes taught by our certified educators, social worker and medical director. We encourage you to bring along your spouse, relative or friend for support. We'll call your physician after your appointment to start a care plan for you.



Registration and Locations

Before you register for a class or individual appointment, you'll need to:

- Ask your physician to send us a Swedish Physician Referral Form for Diabetes Education
- Check with your insurance provider about diabetes education coverage; be sure to tell them it is billed through Swedish Medical Center

Referrals can be faxed to 206-215-2457. When we receive your referral, we'll call you to make an appointment.

Classes are held at two convenient locations:

- **First Hill Campus**
801 Broadway, Suite 611, Seattle
(all classes)
- **Issaquah Campus**
2005 N.W. Sammamish Road, Issaquah
(group class)