

# Diabetes Self-Management, Education and Support Services



## Individual and Group Sessions

Self-management programs are offered in individual and group sessions. Covered topics are below:

- Healthy eating
- Being active
- Medications
- Monitoring blood glucose
- Reducing risk
- Healthy coping
- Problem solving

Diabetes does not discriminate by age, gender or ethnicity. Risk factors for developing diabetes include increased weight, physical inactivity, unhealthy diet, family history, age, ethnicity, history of gestational diabetes and pre-diabetes, polycystic ovary syndrome (PCOS), smoking, high blood pressure and high cholesterol.

The diabetes self-management programs at Memorial Hermann are devoted to helping people with diabetes meet the challenge of living successfully with this chronic disease. We are here to equip you with practical skills and information as well as provide the guidance and support needed to control diabetes.

## The Goal

Our primary goal is to help people live healthier lives by managing their blood glucose, reducing risk and improving their quality of life. Research shows that people who receive education are more likely to control their blood glucose, blood pressure and cholesterol levels, use their primary care and preventive services, take medications as prescribed and lower their health care costs.

## Recognized by the American Diabetes Association

Our programs met the national standards for diabetes self-management. The team consists of Certified Diabetes Care & Education Specialists, qualified nurses and dietitians.

## Personalized Approach

Our programs offer a personalized approach that's focused on achieving individual goals. Services are designed to meet diabetes management goals, and each person is helped individually to develop a plan that fits his or her lifestyle.

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### Anyone with diabetes can benefit.

Learning more about diabetes and taking an active role in self-management is a benefit for anyone living with diabetes, from those who have just been diagnosed to those who have been living with diabetes for some time. Through lifestyle changes, taking medication (if prescribed) and blood glucose monitoring, a person can take charge of diabetes and delay or prevent complications.

### How to sign up for Memorial Hermann diabetes self-management training programs:

Check with your doctor for a referral to the program. You must have a physician's prescription to participate. The cost of the program is covered by most insurance groups, Medicare and some Medicaid plans. Please contact your insurance provider to verify your benefits. Each participating Memorial Hermann hospital offers a unique program for patients diagnosed with type 1 diabetes, type 2 diabetes, pre-diabetes and gestational diabetes. Contact us at any of our locations listed below and ask us about our diabetes self-management programs, support groups and classes.

#### Katy

23900 Katy Freeway  
Katy, TX 77494  
S: 281.644.7180  
F: 281.644.7012  
P: 281.644.7055

#### Southeast

11800 Astoria Blvd.  
Houston, TX 77089  
S: 281.929.6485  
F: 281.929.4710  
P: 281.929.4112

#### Sugar Land

17500 West Grand Pkwy. South  
Sugar Land, TX 77479  
S: 281.725.5050  
F: 281.725.5660  
P: 281.725.5059

#### Memorial City

920 Frostwood Dr.  
Houston, TX 77024  
S: 713.242.3700, option 2  
F: 713.242.3964  
P: 713.242.3890

#### Southwest

7600 Beechnut St.  
Houston, TX 77074  
S: 713.456.5150  
F: 713.456.5179  
P: 713.456.4523

#### The Woodlands

1120 Medical Plaza Dr., Suite 340  
The Woodlands, TX 77380  
S: 713.897.2514  
F: 713.897.2381  
P: 713.897.5943

### To learn more

For more information, visit [memorialhermann.org/services](http://memorialhermann.org/services)  
Click on Diabetes and Endocrinology.

### Key

S: scheduling by phone  
F: faxing referral forms  
P: phoning for more information



memorialhermann.org  
713.222.CARE