

PATIENT EDUCATION

All **Diabetes classes** will be held at the Community Health & Education Center (CHEC), 3950 Sherman Avenue, North Bend

For more information: www.bayarahospital.org

Diabetes Self-Management Program

- ❖ Requires a referral from your physician/healthcare provider.
- ❖ Program consists of four classes, 2 ½ hours each, over a two-month period and an individual visit with a dietitian.
- ❖ Classes start the 1st week of every month at 9:30 a.m. to 12:00 p.m. **or** 6:00 p.m. to 8:30 p.m.
- ❖ Covered by WOA, Medicare, and most insurance plans. Scholarships available.

Type 1 Diabetes Update Class – FREE

- ❖ For individuals with type 1 diabetes.
- ❖ Offered on the last Thursday in January and July, No referral needed.
- ❖ Find encouragement from others on how to better manage diabetes and live life to the fullest.
- ❖ Call 541-269-8321 for more information and to RSVP.

Preventing Diabetes – FREE

- ❖ For those with fasting blood glucose **less than** 126 and **greater than** 100. Information on how to slow or stop advancement of diabetes. Offered on the 2nd Thursday in January, April, July and October at 4:00 pm to 6:00 p.m.

Review Class – FREE

- ❖ For those previously educated, needing a refresher / motivation. Offered the 1st Tuesday of every month at 12:00 p.m. to 1:30 p.m. Monthly topics vary including kidney care, exercise, medications, meal planning, heart healthy choices, foot care, low blood sugar and avoiding complications.

Kidney Care Class – FREE

- ❖ A program that explains how to slow the progression of kidney disease. Offered the first Tuesday of March and October from 12:00 p.m. to 1:30 p.m.

Individual Appointments at Bay Area Hospital

Dietitian

- ❖ In depth nutritional counseling for diabetes, as well as
 - Elevated cholesterol / triglycerides, obesity, kidney disease, allergies, eating disorders, failure to thrive, cancer and tube feedings
 - Individualized meal planning
 - For more information and / or to register, call 541-269-8349

Diabetes Educator

- ❖ Diabetes disease management, including basic diabetes meal planning, blood glucose monitoring, risk factors, complication avoidance, care during illness, medications (diabetes pills and insulin), hypoglycemia symptoms and treatment, increasing activity, dealing with stress and family issues.

Diabetes Education

Bandon	Pacific Home Care	541-266-7005
Brookings / Gold Beach	Curry County Home Health	541-247-7084
Coos Bay	Bay Area Hospital Coquille Indian Community Health	541-269-8076 541-888-9414
Coquille	Coquille Valley Hospital Pacific Home Care Coquille Valley Home Health	541-396-3101 541-266-7005 541-396-3627
Langlois / Sixes / Agnes / Port Orford	Pacific Home Care Curry County Home Health	541-266-7005 541-247-7084
Myrtle Point / Powers	Coquille Valley Hospital Pacific Home Care	541-396-3101 541-266-7005
Reedsport / Florence / Scottsburg	Pacific Home Care Peace Harbor Home Health	541-266-7005 541-997-3418
Insulin Pumps	Dr. Ravuri Rita Hoover RN, CDE Robin Summers RN, CDE	541-267-5151 x1434 541-269-8076 541-347-8283

Free Discussion & Support Groups

Coquille 2 - 3 pm 2 nd Thurs of each month	First Community Christian Church 625 East 10 th Street	541-347-8283
Coos Bay Area	Diabetes Talk Group	For information and location: 541-756-4387
North Bend 6:30 - 7:30 pm 4 th Wed of every other month (odd months)	Diabetes and You – Q & A Community Health & Education Center (CHEC)	541-269-8076

Type 1 diabetes support available. For more information, call South Coast Diabetes Association at 541-756-9054 and leave a message.

Diabetes Screening

Coos Bay 9 – 10 am 4 th Thursday of each month (3 rd Thursday in November)	Bay Area Hospital 1 st floor new main lobby Blood Glucose checked - arrive after fasting (No food or beverage for 8 hours) OR 2 hours after the beginning of breakfast	541-269-8076
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For more information:

- **Bay Area Hospital Community Education 541-269-8076**
- **Coos County Public Health 541-756-2020**
- **Curry County Health Department 541-247-3300**
- **South Coast Diabetes Association 541-756-9054 or www.southcoastdiabetes.org**