Diabetes Education Classes

Type 1 Diabetes Class, Beyond the Basics
We recommend that all families new to type 1 diabetes attend this class within the 1st month after diagnosis. This class is also a great review course for families already living with type 1 diabetes. Caregivers, siblings, family, and friends are also welcome to attend.

Come gain the knowledge and support you need to successfully manage type 1 diabetes. Learn from our diabetes team members, as well as from other families living with diabetes.

We will answer all of your questions plus discuss the following topics:
- Expand upon diabetes concepts taught at your initial visit
- How to explain diabetes to family and friends who don’t understand
- How to manage the honeymoon phase
- How to best treat high and low blood sugars
- How to prevent and treat ketones
- How and when to use glucagon (and practice mixing glucagon)
- Help with carb counting and discussion of hard to count foods
- How to navigate diabetes in school
- How to manage diabetes and sports

This class is offered the 1st Wednesday of each month from 3-5 pm at the Palo Alto Clinic at 730 Welch Road, Palo Alto, 1st floor Surgical Specialties Clinic.

Upcoming classes:
- January 3rd, 2018
- February 7th, 2018
- March 7th, 2018
- April 4th, 2018
- May 2nd, 2018
- June 6th, 2018
- July 11th, 2018 (not 7/4)
- August 1st, 2018
- September 5th, 2018
- October 3rd, 2018
- November 7th, 2018
- December 5th, 2018

This class is offered 3rd Thursday of each month from 3-5 pm at the Sunnyvale clinic at 1195 West Fremont Ave, Sunnyvale, 2nd floor

Upcoming classes:
- January 18th, 2018
- February 15th, 2018
- March 15th, 2018
- April 19th, 2018
- May 17th, 2018
- June 21st, 2018
- July 19th, 2018
- August 16th, 2018
- September 20th, 2018
- October 18th, 2018
- November 15th, 2018
- December 20th, 2018

To Register for a class: call (650) 721-1811 or register at the front desk of diabetes clinic.
Diabetes Education Classes

Pre-Pump and CGM Class

If you are interested in an insulin pump, this class is the first step in the process of getting a pump. A general overview of continuous glucose monitoring (CGM) is also provided in this class. You can also attend if you are on a pump that is out of warranty and you want to learn about available pumps.

Class Goals:
- Check out the different types of insulin pumps
- Learn how you insert an infusion set (and possibly try one on)
- Discuss the pros and cons of insulin pumps
- Discuss pros, cons, and realistic expectations of CGM

This class is offered at both our Palo Alto and Sunnyvale clinics.

Pre-pump class is offered in Palo Alto clinic, the 4th Wednesday of each month from 3-5 pm

730 Welch Road, Palo Alto, CA 94304

- January 24th, 2018
- April 25th, 2018
- July 25th, 2018
- October 24th, 2018

Pre-pump class is offered in Sunnyvale clinic, the 1st Thursday of each month from 3-5 pm

1195 West Fremont Ave, Sunnyvale, CA 94087

- January 11th, 2018
- April 5th, 2018
- July 5th, 2018
- October 4th, 2018

Extreme Pump and CGM Class

Get the Most Out of Your Insulin Pump. You’ve been on an insulin pump….now what else should you know? Come to this class to learn about cool things you can do with your pump, such as:
- How to adjust your pump for sports, activities, or illness
- How to use dual wave bolus or combo bolus for foods such as pizza or fast food
- How and when to use temp basal rates and basal rate patterns
- What benefits can CGM offer to supplement your pump
- How to upload your pump/CGM and learn what the reports tell you, and more!

**BYOIP (Bring Your Own Insulin Pump) Class for those families already using a pump**

This class is offered in Palo Alto clinic, on the following Wednesdays from 3-5 pm

- February 14th, 2018
- August 8th, 2018

To Register for a class: call (650) 721-1811 or register at the front desk of diabetes clinic.