Revised 1/5/2018

Diabetes Education Classes

Stanford Children's Health | Lucile Packard Children's Hospital Stanford

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 21th, 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.

American Diabetes Association®
Cure • Care • Commitment®

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

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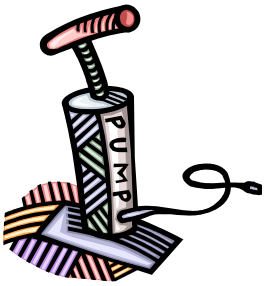
Diabetes Education Classes

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	**February 28th, 2018**	**March 28th, 2018**
April 25th, 2018	**May 23rd, 2018**	**June 27th, 2018**
July 25th, 2018	**August 22nd, 2018**	**September 26th, 2018**
October 24th, 2018	**November 28th, 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	**February 1st, 2018**	**March 1st, 2018**
April 5th, 2018	**May 3rd, 2018**	**June 7th, 2018**
July 5th, 2018	**August 2nd, 2018**	**September 6th, 2018**
October 4th, 2018	**November 1st, 2018**	**December 6th, 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	**April 11th, 2018**	**June 13th, 2018**
August 8th, 2018	**October 10th, 2018**	**December 12th, 2018**

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