

Lucile Packard Pediatric Diabetes Center 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 and 3rd **Wednesday** of each month from **4-6 pm**

Upcoming classes:

May 20th, 2015

July 1st, 2015

August 19th, 2015

October 7th, 2015

November 18th, 2015

June 3rd, 2015

July 15th, 2015

September 2nd, 2015

October 21st, 2015

December 2nd, 2015

June 17th, 2015

August 5th, 2015

September 16th, 2015

November 4th, 2015

December 16th, 2015

Location: Mary L. Johnson Pediatric Ambulatory Care Center

730 Welch Road, Palo Alto, CA 94304

Please check in before your class at the Surgical Specialties Clinic front desk on the 1st floor.

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



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

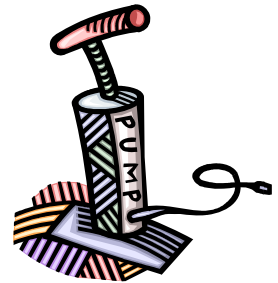
Lucile Packard Pediatric Diabetes Center Diabetes Education Pump Classes

1) 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 Los Gatos clinics.

Pre-pump class is offered in **Palo Alto clinic**, the 4th **Wednesday** of each month from **4-6 pm**

730 Welch Road, Palo Alto, CA 94304

May 27th, 2015

June 24th, 2015

July 22nd, 2015

August 26th, 2015

September 23rd, 2015

October 28th, 2015

November 25th, 2015

Pre-pump class is offered in **Los Gatos clinic**, the 2nd **Tuesday** of each month from **5-7 pm**

South Bay Specialties Clinic 14777 Los Gatos Blvd, Los Gatos, CA 95032

May 12th, 2015

June 9th, 2015

July 14th, 2015

August 11th, 2015

September 8th, 2015

October 13th, 2015

November 10th, 2015

December 8th, 2015

2) 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 pump****

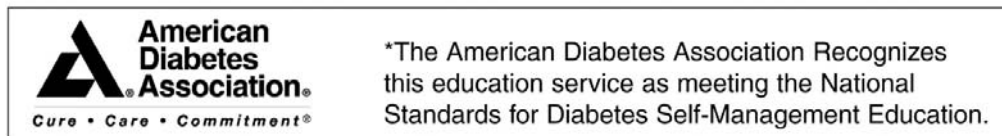
This class is offered in **Palo Alto clinic**, on the *following Wednesdays* from **4-6 pm**

June 10th, 2015

August 12th, 2015

October 14th, 2015

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



Lucile Packard Pediatric Diabetes Center Diabetes Education Classes

Type 2 Diabetes and Pre-Diabetes Class



This class is for families of children with type 2 diabetes or pre-diabetes. Diabetes affects your whole family, so all are welcome. The whole family will learn more about pre-diabetes and type 2 diabetes and how to model a healthy lifestyle to prevent health problems related to diabetes. Learn from our diabetes team members, as well as from other families' living with type 2 diabetes.

Topics covered in the class:

- The risk factors of getting type 2 diabetes
- How type 2 diabetes is treated
- Why should you check your blood sugars
- How you can help control your blood sugars
- Tips for eating healthier
- Tips for being more active

This class will be offered on the following **Wednesdays** from **4-6pm**.

Upcoming classes:

July 8th, 2015

September 9th, 2015

November 11th, 2015

Location: Mary L. Johnson Pediatric Ambulatory Care Center

730 Welch Road

Palo Alto, CA 94304

Please check in before your class at the Surgical Specialties Clinic front desk on the 1st floor.

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



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