

The Art of Caring for Your Diabetes

Presented by **Patti King-Warner, R.N., BSN, CDE**, certified diabetes educator

2020 Class topics include:

- The science of diabetes
- How to manage your blood sugar
- Blood glucose: signs, symptoms and treatment; monitoring and lab work
- A review of medications and insulin usage
- Healthy meal planning and carbohydrate counting
- The importance of increasing physical fitness
- Staying motivated to live healthier and prevent complications
- Coping skills and resources

Limited seating. Please RSVP.

Baptist Medical Group – Endocrinology
1717 North E St., Suite 422, Pensacola
850.908.1220 • pattie.gayo@bhcpns.org

Locations/Times:

- **Baptist Medical Park – Nine Mile**
Azalea Room
9400 University Parkway, Pensacola
Wed., Jan. 22, 9 a.m. to noon
Fri., Feb. 21, 2 to 5 p.m.
Fri., March 27, 2 to 5 p.m.
Fri., April 17, 1 p.m. to 4 p.m.
Tues., May 12, 9 a.m. to noon
Wed., June 10, 9 a.m. to noon
- **Baptist Towers**
Cardiac Rehab Education Room
1717 North E St., Tower 1, Pensacola
(across from the Women's Center)
Fri., Jan. 17, 2 to 5 p.m.
Tues., Feb. 11, 2 to 5 p.m.
Tues., March 31, 9 a.m. to noon
Wed., April 22, 2 to 5 p.m.
Fri., May 22, 2 p.m. to 5 p.m.
Thurs., June 25, 9 to noon

Before seeing your diabetes educator, you may need to see an endocrinologist.

Education is an essential component of the management of diabetes. While diabetes education classes alone can be the only intervention needed for some patients, many others may need to be evaluated by an endocrinologist before being seen by a diabetic nurse educator.

You may need to see an endocrinologist if you have any of the following:

- A new diabetes diagnosis
- Uncontrolled blood sugar
- Elevated hemoglobin A1c
- An active infection or active wound
- A need for advanced equipment (pumps, sensors, etc.)
- A complicated or unusual illness
- Obesity or are seeking to lose weight

Patients who suffer from obesity and seek to lose weight may still benefit from an endocrine evaluation but can also seek dietary education with the help of a registered dietician. There are registered dietitians available at Baptist Weight-Loss Center.

Baptist Weight-Loss Center
Baptist Towers
1717 North E St., Tower 3, Ground Floor, Pensacola
850.437.8746

Once evaluated by the endocrinologist

Patients with diabetes seen by an endocrinologist will become part of the Baptist Medical Group – Endocrinology comprehensive program that includes medical management, diabetes education as well as dietary counseling.

The Baptist Medical Group – Endocrinology team will review all diabetes education referrals to make sure patients are being seen by the most appropriate provider. Once education has determined the best choice, patients will either be placed in a diabetes education class or be scheduled with Patti King-Warner for a one-on-one visit.