

AT CALIFORNIA PACIFIC MEDICAL CENTER, we believe in the power of medicine. We research the most up-to-date treatments, hire the most qualified individuals, and practice the most modern, innovative medicine available. But we also believe that medicine alone is only part of the solution. That's why we look intently at each individual case and treat the whole person, not just the illness. Because medicine can transform a body. But going beyond medicine can transform a life.

Nearly 6 percent of the U.S. population has diabetes. While an estimated 10 million people have been diagnosed, another 6 million are unaware that they have the disease. Recent studies have clearly shown that good blood sugar control can prevent or delay complications of diabetes such as heart disease, stroke, kidney disease, eye disease, foot infections or nerve damage. A healthy lifestyle that can control diabetes also helps to prevent other physical problems. Education is recognized as key to managing this common, but serious condition.

Our Mission

At the Center for Diabetes Services, we go beyond medicine to provide comprehensive education that gives those with diabetes the information, tools and strategies to self-manage their diabetes, and prevent or delay the onset of complications. We promote community events and free screenings to help raise awareness of diabetes and to encourage diagnostic testing.

Our Services

We use a team approach to address all aspects of diabetes treatment and management. Our nurses, dietitians and social worker coordinate care with your physician to assure that our patients are educated about diet and exercise, monitoring blood

sugar and medications. Personal, family and financial issues that affect self-care are also considered.

Patients are encouraged to attend diabetes management classes. In addition, we schedule private meetings with dietitians to individualize meal plans, and meetings with a nurse to review care plans and progress as needed. For those who need help adhering to the plan, we encourage meetings with a social worker to help with stress management as well as goal setting.

We also offer pre-diabetes classes, which focus on modifying risk factors and behavior change, and a pediatric program designed to assist children with diabetes and their families. The Center for Diabetes Services offers an adult diabetes support group providing an opportunity for patients to share experiences and learn new strategies from other adults using insulin, and a support group specifically for patients who use an insulin pump. Meetings are facilitated by a social worker and certified diabetes educators.

Individual sessions can be arranged for patients who do not speak English, have impaired hearing, or upon request as needed. Clinical staff members include Cantonese, Spanish and Tagalog speakers. Interpreters are available for all languages, including American Sign Language.

Promoting Self Management

The Center for Diabetes Services offers a range of classes for self-management training for patients with Type 1 and Type 2 diabetes. Classes cover the following topics:

- Introduction to diabetes
- Instruction on blood glucose monitoring
- Nutrition guidelines and meal planning

(OVER, PLEASE)

- Instruction on medication management
 - oral medications
 - insulin administration
- Information about how to prevent complications
 - short-term complications
 - long-term complications
- Benefits of exercise and special precautions
- Coping with lifestyle adjustments
- Intensive therapy for those on insulin
 - carbohydrate counting
 - insulin dose adjustment
 - insulin pump training

Appointments

If you would like more information about the Center for Diabetes Services or would like to make an appointment, please call 415-600-0506. Most insurance companies cover services provided at the Center for Diabetes Services. Insurance and other payment options can be discussed during a phone assessment.



*California Pacific
Medical Center*

A Sutter Health Affiliate
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2333 Buchanan Street

St. Luke's Campus
3555 Cesar Chavez Street

415-600-6000 MAIN PHONE
888-637-2762 PHYSICIAN REFERRAL

www.cpmc.org/beyondmedicine

THANK YOU FOR THE OPPORTUNITY TO SHARE INFORMATION ABOUT CALIFORNIA PACIFIC MEDICAL CENTER'S SERVICES WITH YOU. PLEASE ACCEPT OUR SINCERE WISHES FOR YOUR GOOD HEALTH.

California Pacific Medical Center. Beyond Medicine.

California Pacific Medical Center is one of the largest private, not-for-profit, academic medical centers in Northern California and is a Sutter Health affiliate. As a tertiary referral center, the Medical Center provides a wide variety of services, including acute, post-acute and outpatient hospital care; home care and hospice services; preventive and complementary care and health education.

Through our medical education program and our Research Institute, physicians are able to bring health care innovation to the bedside. We go beyond medical care and provide our patients with services like disease counseling, family support and wellness treatments. And we reach deep into our community to provide education, screening, and financial support in some of the city's most underserved areas.

Tell Us Your Story

We truly appreciate your time and input toward helping us go beyond medicine. We invite you to share your health care experience connected with California Pacific Medical Center at www.cpmc.org/beyondmedicine.