

*Living with diabetes requires daily work. But, it doesn't have to be a struggle.*

Understanding diabetes and what you need to do to stay healthy is a good start.

Unchecked, diabetes can lead to serious problems for your kidneys, nerves, eyes, feet, gums and teeth. But the most serious problem for both women and men is heart disease. If you have diabetes, your risk of a heart attack is the same as someone who has already had a heart attack.

Blood Glucose monitoring, exercise, diet and a positive attitude put you in control of your diabetes. Get the facts and support you need from the **Diabetes Learning Center.**

Conveniently located on Route 30 Bypass between Downingtown and Coatesville.

### From West Chester

Take Route 100 North to Route 30, follow Route 30 to the Bypass entrance and go west. The exit for Brandywine Hospital is the next exit following the Thorndale exit. At the end of the exit ramp, make a left turn and then turn right onto Reeceville Road at the light. At the first driveway, turn right and park in the main parking lot. Outpatient Registration is closest to parking areas F to I.

### From Lancaster

Take Route 30 east. After crossing Route 10, take the right fork onto the Route 30 Bypass. The hospital exit is the next exit following the Route 82 (Coatesville) exit. At the end of the exit ramp, turn right onto Reeceville Road. At the first driveway, turn right and park in the main parking lot. Outpatient Registration is closest to parking areas F to I.



**BRANDYWINE  
HOSPITAL**

Diabetes Learning Center  
201 Reeceville Road, Coatesville, Pa 19320  
610-383-8358



I have my life back  
thanks to the

**Diabetes  
Learning Center**



**BRANDYWINE  
HOSPITAL**

*The Diabetes Learning Center offers educational support, follow-up and guidance for people with diabetes and their families. This American Diabetes Association (ADA) certified program focuses on self-care management!*

*Our educational program empowers people with diabetes to develop a healthy lifestyle. The 10-hour program consists of three, three-hour classes and a one-hour private session with a registered dietitian and registered nurse to develop your personal assessment profile.*

### GROUP TOPICS INCLUDE:

- Diabetes — Understanding the Disease
- Blood Glucose Monitoring
- Medication and Sick Day Management
- Exercise, Foot Care and Skin Care
- Recognizing Risk Factors
- Preventing Complications
- Eating Out and Travel
- Carbohydrate Counting/Meal Planning with ADA Guidelines
- Label Reading and Food Shopping
- Coping with Diabetes
- Community Resources

### BENEFIT FROM...

- A personal assessment
- A program which gives you a knowledge base for day-to-day self-care management
- Opportunities to talk with others who live with diabetes
- Bringing a support person with you

**Register today and take control of your diabetes...  
610-383-8760**

### INDIVIDUAL INSTRUCTION IS AVAILABLE COVERING:

- Basic or intensive management
- Pre-diabetes management
- Insulin, Byetta or Symlin injection trainings
- Self-blood glucose monitoring
- Nutrition counseling to include carbohydrate counting and meal planning
- Weight management
- Gestational diabetes management

### THE TEAM

The Diabetes Learning Center team consists of a registered nurse and registered dietitian who are certified diabetes educators and medical staff support from a pharmacist and ophthalmologist.

### DIABETES SUPPORT GROUP

Joining the support group keeps you up-to-date on issues affecting diabetes and provides opportunities to meet and talk with other people who are living with diabetes. Meetings are held the second Wednesday of every month September through June, 7 – 9 pm.

The support group meetings are free and no registration is required.

If you have any questions about the Diabetes Support Group, call the Diabetes Education Coordinator at 610-383-8358.

- **Insulin Pump Support Group:**  
Call for dates and time.

### REGISTRATION

First, register for classes at Brandywine hospital by calling Central Scheduling at 610-383-8760. Then check in at Outpatient Registration 30 minutes before your first appointment. **Please have available:**

### PHYSICIAN REFERRAL

A physician referral is necessary to participate in either individual or group education and may be helpful for insurance reimbursement.

Bring your physician referral with you — unless your managed-care insurance handles referrals electronically.

### INSURANCE INFORMATION

Most insurance companies will pay all or part of this fee — please check with your insurance company.

If you have any questions about insurance coverage or need to discuss payment options, contact our Financial Counseling Services at 610-383-8013 or 610-383-8024.

