

Diabetes Self-Management Education (DSME) Program at the Regional Medical Center

Diabetes, the 7th leading cause of death in South Carolina, is a serious disease in which the body has trouble regulating its blood glucose (sugar) levels. There is no cure for diabetes, but it can be prevented or controlled.

EDUCATION: KEY TO MANAGING DIABETES

Inpatient Program

Consists of education about basic diabetes care while you are in the hospital. If interested in learning more about diabetes care, ask your nurse or physician to refer you to the certified diabetes educator.



Outpatient Program

Provides group support and motivation for successful self-management of diabetes. Recognized by the American Diabetes Association, this program consists of more detailed education to help you manage your diabetes. It is designed for the following individuals:

- Newly-diagnosed individuals with diabetes
- Long-term individuals with diabetes who have management problems
- Gestational individuals with diabetes (develops during pregnancy)

Our DSME program includes a certified diabetes educator, a registered dietitian, a pharmacist and an exercise physiologist to teach you how to:

- Plan healthy meals
- Monitor blood sugar
- Cope with stress
- Exercise for better health
- Prevent long-term and short-term complications
- Take medications and understand how they work

DIABETES SELF-MANAGEMENT EDUCATION (DSME) PROGRAM

If you have diabetes, ask your physician to refer you for DSME at the Regional Medical Center (RMC). An appointment will be scheduled for a time that is convenient to you.

Medicare, Medicaid and most private insurance companies will pay for diabetes education. Financial assistance may be available for others who qualify.

Diabetes Support Group:

Individuals with diabetes that are involved in a support group often experience greater success in managing the disease. RMC provides support group meetings. Please call for upcoming dates.

For more information please call:

803-395-2514

Toll Free in SC:

800-476-3377, ext. 2514



Learn if you are at risk for diabetes. Take RMC's FREE online Diabetes risk assessment.

Go to www.trmchealth.org and click on **HealthAware** in the Services drop-down menu.

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the Regional Medical Center

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