Type 2 Diabetes Group Education Program

Bankstown-Lidcombe Hospital Diabetes Centre

Thank you from the team at Bankstown Diabetes Centre

Follow Up with Educator
1 month — Individual
This session covers:
1. Review of your progress
2. Medical History
3. Foot Assessment
4. Questions and Answer time

Follow Up with Dietitian
at 6 weeks [optional]

When can I come to the Group?

The Type 2 Diabetes Group Education Program is run every month, and is held on the 1st Tuesday of the month.

We start at 9 am and finish by midday.

Morning tea is provided.

For further information contact:

Tel: 02 9722 8360
Type 2 Diabetes Group Education Program

The Type 2 Diabetes Group education program is interactive and informative.

The program is run by a Diabetes Educator and a Dietitian.

The Diabetes Educator will provide you and your family with information about diabetes and diabetes care.

The Dietitian will discuss healthy eating and exercise for diabetes.

Program (9 am—midday)

Diabetes Educator will cover:
1. What is diabetes?
2. Different types of diabetes
3. What is hyperglycemia?
4. What are low sugars and what to do when you have this?
5. Medications in diabetes
6. Monitoring your sugar at home
7. Physical Activity and Diabetes
8. How to look after your feet
9. Driving and Diabetes
10. Registration for NDSS card
11. Long term good health and Annual Cycle of Care

Dietitian will cover:
1. Carbohydrate — sources, role, impact and distribution
2. How to have sugar in moderation
3. Types of fats and their effects on diabetes
4. Recommended fruit and vegetable intake
5. Physical activity and diabetes
6. Alcohol and diabetes
7. Weight loss and diabetes
8. Realistic lifestyle changes

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