



What Is Diabetes?

Diabetes is a chronic disease that can be controlled by medication, diet and exercise. To use these tools effectively, a diabetic must learn and understand how to incorporate these into their every day life.

Uncontrolled diabetes can lead to serious and life threatening complications affecting the eyes, kidneys, circulatory system and the nervous system. Unborn babies can also be affected by uncontrolled diabetes in their mother.

Recent clinical research studies have shown that these complications are directly related to blood sugar levels. The more uncontrolled and higher the blood sugar levels, the greater chance exists of developing problems.

Why Should You Use the Diabetes Management Center?

Since 1992, the American Diabetes Association has recognized the Diabetes Management Center's education program. Our mission is to provide education to promote the self-management of diabetes so that you can prevent complications and achieve optimum health. Our staff includes endocrinologists (physicians trained in the diagnosis and treatment of diabetes), nurses, dieticians and certified diabetes educators.

By taking advantage of the clinical staff's expertise, you can learn to improve the skills necessary to successfully manage your diabetes.

Whether you are newly diagnosed, have had diabetes for some time, are interested in intensive therapy, planning a pregnancy, or have developed diabetes during your pregnancy, we offer an educational program to meet your needs.

What Services Are Provided by the Diabetes Management Center?

Diabetes management is a team effort. Physicians, advanced nurse practitioners, nurse educators and dieticians will guide you and support your goal of controlling your disease.

Team goals include:

- Meet your medical needs and recommend treatment to fit your lifestyle
- Assist you to achieve or maintain optimal diabetes control
- Promote prevention of diabetes complications
- Help minimize or delay progression of existing complications
- Educate your family and others concerned with your health about diabetes

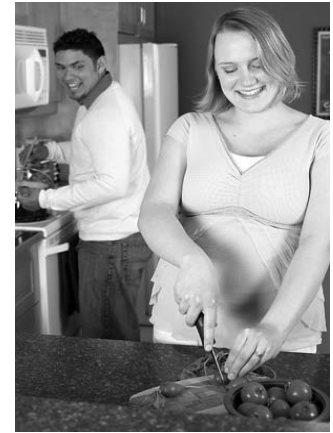
Education topics include:

- General facts about diabetes
- Nutrition guidelines
- Exercise
- Blood sugar monitoring
- Sick day guidelines
- High and low blood sugar
- Complications of diabetes
- Hygiene
- Pregnancy and diabetes
- Intensive insulin therapy and the use of the insulin pump
- Foot care
- Community resources
- Troubleshooting

Diabetes and Pregnancy

About 1 in 100 women of childbearing age has diabetes before pregnancy. Another 2 to 5 percent develop diabetes during pregnancy. We know that managing diabetes during pregnancy means paying close attention to your lifestyle. Today most pregnant diabetics can look forward to having a healthy baby. The Diabetes Management Center staff works closely with your obstetrician to ensure insulin control and reduce the risk of complications to you and your baby.

Charges are based on length of individual consultation. Many health insurance plans will cover the cost of diabetes education. Please check with your individual insurance plan regarding coverage. A series of group classes is offered at a discounted rate.

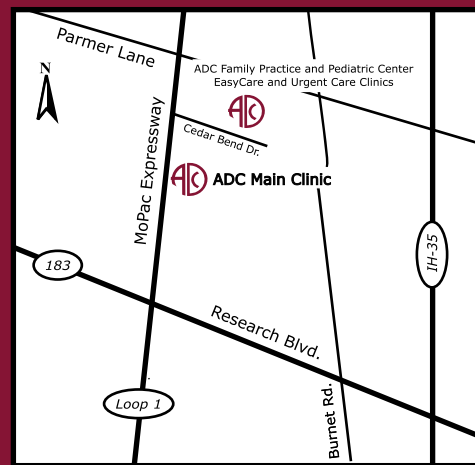


Helpful Numbers

Diabetes Management: 512/901-4055
Endocrinology: 512/901-4005
Information: 512/901-4549

Diabetes Management Class Schedule:
adclinic.com

Audiology



The Austin Diagnostic Clinic Diabetes Management

12221 N. MoPac Expressway
2nd Floor, South Entrance

For more information
512/901-4549

Appointments
512/901-4055



The Austin Diagnostic Clinic
Let Our Family Care for Your Family



This diabetes patient education program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs.



*For additional information about
The Austin Diagnostic Clinic, our doctors or
services, please visit us at adclinic.com*

