



Take control of your diabetes so it doesn't take control of you.

The Outpatient Diabetes Self-Management Education program is located within the Endocrinology office in the Wright Medical Building, 215 East Mansion Suite 2F, Marshall. The office is an all-in-one adult resource for diabetes education, treatment and ongoing support.



Highest award for nursing excellence worldwide



Oaklawn Life Improvement Center
13697 15 Mile Road



Oaklawn Endocrinology
215 East Mansion, Suite 2F

National Accreditation through the American Association of Diabetes Educators and Certified through the State of Michigan Department of Community Health



OaklawnHospital
Diabetes Self-Management
Education Program

Marshall, MI 49058
(269) 789-8972
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Diabetes

Self-Management
Education Program



OaklawnHospital

ADVANCING MEDICINE
COMPASSIONATE CARE

Diabetes Education

*“Diabetes is your companion
for life. So are we.”*



The Diabetes Education program includes individual and group instruction delivered by a Registered Nurse and a Registered Dietician, both certified in diabetes education. Our diabetes educators work in coordination with you, our Endocrinologist, and your primary care physician, to provide you with a program that will help you manage your life with diabetes.



Each month we offer a series of four weekly classes. Classes are limited in size so that learning is hands-on and interactive. Relatives and friends are encouraged to participate.

Individual instruction:

One-on-one sessions with a nurse educator and a registered dietitian are often most helpful soon after your diabetes is first diagnosed, and then as your needs and goals periodically change. We'll help you decide when individual instruction is right for you.

Choose to learn so you can learn to choose.

Our education program is designed to help you make informed decisions about your diabetes care. Your lifestyle is unique. Your dreams are your own. You must choose the treatment option you feel works best for you.

All the diabetes care you need. All in one place. All for life.

Diabetes is your companion for life. So are we. We will keep you updated, tell you about new research findings and treatment options, and encourage your success - long after you attend our education program.

Referrals and cost.

Anyone can attend the Outpatient Diabetes Self-Management Education Program. However, we can only bill your insurance company if you have been referred by your primary care provider. Cost of the program depends on what services are needed. Typically, many costs are covered by insurance. Please contact your insurance company for detailed coverage information.



Translation services are available for non-English speaking and hearing-impaired patients and their families.

Group instruction:

Our nurse educator, registered dietitian and other specialists will share with you the very latest information on managing your diabetes. Topics include:

- * What is diabetes?
- * Adjusting to your diabetes
- * Developing troubleshooting skills and personal goals
- * Diabetes medications
- * Identifying and reducing long-term consequences of diabetes
- * Preventing immediate consequences of high and low blood sugars
- * Monitoring blood sugar
- * Physical activity and exercise
- * Planning meals/eating out

