



Diabetes Education

Managing diabetes starts with education. GHS offers the following group classes and individual appointments to help you successfully manage your diabetes.

Diabetes Assessment

Your individual needs are assessed and a plan is developed to help you meet your personal diabetes self-management goals.

Basic Diabetes Class

You will learn about diabetes and how it can affect your health. Find out how food, physical activity, stress and sickness impact blood sugar, and how you can prevent or delay complications.

Basic Carbohydrate Counting Class

Find out about meal planning, healthy eating and the impact of food on blood sugar. This class focuses on learning how to count carbohydrates and how to read a food label.

What Can I Eat?

Learn tips for making healthy choices at home and in restaurants. Find out about the eating patterns recommended for managing diabetes.

Pregnancy and Diabetes Class

You will learn about diabetes and steps to help both you and your baby. Blood sugar goals, healthy eating, meal planning options and physical activity during your pregnancy will be discussed.

Basic Insulin Management Class

This class is for people taking insulin. You will learn how insulin and carbohydrates affect your blood sugar. This skill will help you reach your blood sugar goals. You need to know how to accurately count carbohydrates before taking this class.

Advanced Insulin Management Class

This class is for people taking long- and short-acting insulin or for people using an insulin pump. You will learn how to dose your insulin to reach your blood sugar goals. You also will learn to interpret blood sugar patterns so you can avoid highs and lows. You need to know how to accurately count carbohydrates before taking this class.

Individual Diabetes Education with a Nurse

A registered nurse (diabetes educator) will provide individual diabetes education and training.

Individual Diabetes Education with a Dietitian

A registered dietitian (diabetes educator) will provide individual diabetes education and training.

Medical Nutrition Therapy

A registered dietitian will review your current food choices and blood sugar readings. A meal plan will be developed for your specific medical needs (high cholesterol, kidney disease, gastroparesis, celiac disease, etc.). You will need to bring a food diary and blood sugar log to this appointment.

Insulin Pump Assessment

You will learn how an insulin pump may help you control your blood sugars.

Diagnostic Continuous Glucose Monitor

A continuous glucose monitor (CGM) will be placed on you. You may benefit from CGM if your A1c is high, if you have frequent highs and lows or if you are training for an athletic event.

Personal Continuous Glucose Monitor

You will be trained on a continuous glucose monitor (CGM). Additional education is available as needed.