

HOUSTON  
**Methodist**<sup>®</sup>  
LEADING MEDICINE

# HOUSTON METHODIST DIABETES EDUCATION





Houston Methodist's diabetes education program has been recognized by the American Diabetes Association for Quality Self-Management Education. The program is designed to individualize a treatment plan that people with diabetes can use to manage the disease and improve their health and vitality.

## What is Diabetes?

Diabetes is a chronic disease caused by high levels of blood sugar or blood glucose that can have a devastating impact on the entire body. Most people with diabetes have one of three major types: type 1, type 2 or gestational diabetes.

Type 1 diabetes develops when a person's pancreas is unable to make the insulin hormone. Insulin helps the glucose circulating in the bloodstream get into the cells. In the most common form of diabetes, type 2, the pancreas either does not produce enough insulin

or the body is inefficient at getting it into the cells. Gestational diabetes can occur only while a woman is pregnant.

Because excess glucose is left circulating in the blood, it can damage the blood vessels in the organs resulting in severe damage, especially to the eyes, kidneys and nerves, and can lead to heart disease, stroke, amputation or early death.

## Signs & Symptoms

- Excessive thirst
- Sexual problems
- Numbness/tingling of hands or feet
- Blurred vision
- Unexplained weakness or fatigue
- Frequent urination
- Abnormal hunger
- Sudden weight loss
- Dry skin and frequent infections
- Slow healing cuts or wounds

## Who is at Risk?

People in the following categories are at a higher risk for developing type 2 diabetes:

- Older than 45 years
- Family history of diabetes
- Overweight
- Inactive
- High-risk ethnic or racial group (Native American, African American, Latino, Asian American or Pacific Islander)
- Women who have had a baby weighing more than nine pounds at birth
- People with prediabetes

## The Diabetes Education Program

Offers effective self-management training for all types of diabetes: type 1, type 2, gestational diabetes and prediabetes.

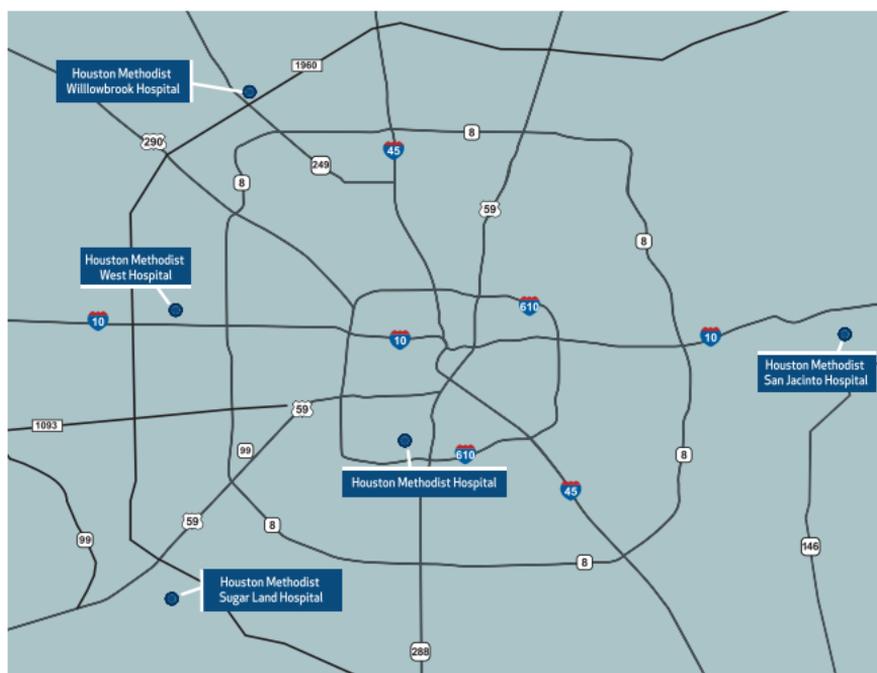
Program includes:

- Overview of diabetes and prevention of complications
- Healthy meal planning
- Diabetes medication management
- Insulin pump consultation
- Glucose meter training
- Care before and during pregnancy
- Coping skills
- Exercise guidelines
- Goal setting
- Tips for weight loss
- Support group



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.





Diabetes programs are offered at five Houston Methodist locations.

- **Houston Methodist Hospital (Texas Medical Center)**  
6445 Main St.  
Outpatient Center  
23rd Floor  
Houston, TX 77030  
713.441.5975
- **Houston Methodist West Hospital**  
18300 Katy Freeway  
Medical Office Building 2  
Suite 265  
Houston, TX 77094  
713.441.5975
- **Houston Methodist San Jacinto Hospital**  
4301 Garth Road  
Plaza II, Suite 102  
Baytown, Texas 77521  
281.420.8525
- **Houston Methodist Willowbrook Hospital**  
13300 Hargrave  
Hargrave Building  
Suite 160  
Houston, Texas 77070  
713.441.5975
- **Houston Methodist Sugar Land Hospital**  
Medical Office Building 2  
16659 Southwest  
Freeway, Suite 265  
Sugar Land, TX 77479  
713.441.5975

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[houstonmethodist.org/weight-loss](http://houstonmethodist.org/weight-loss)

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