

## Improving lifethrough education

Diabetes is one of the most serious health problems of our time. No matter what kind of diabetes you have, it can affect many parts of your life.

Valley County Health System can educate you on living with diabetes or caring for someone with diabetes.

Take the first step to caring for your diabetes... educate yourself.

### Mission

Valley County Health System will provide progressive healthcare services in a healing, patient-centered environment.

### Vision

To be the healthcare provider of choice and a symbol of strength, vitality and caring in the region we serve.

### Values

Integrity  
Compassion  
Ownership  
Respect  
Trust

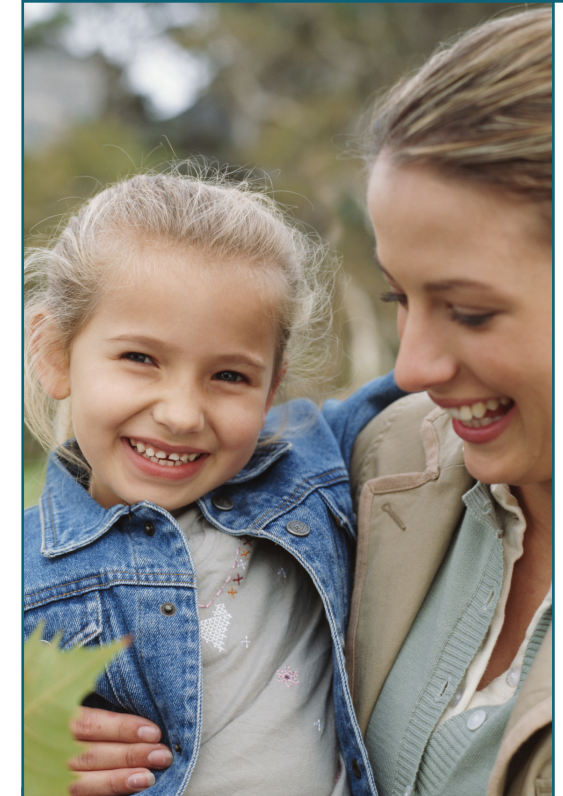


### Contact Us

To learn more about our services

308.728.4341

## Diabetes Education



**Cure • Care • Commitment®**

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# Progressive Care with Compassion



## What is Diabetes?

According to The American Diabetes Association, diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches and other food into energy for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors appear to play roles.

## What you should know

- More than 16 million Americans have diabetes
- Half of those people are undiagnosed
- More than 115,000 Nebraskans have diabetes
- People often have only mild symptoms or no symptoms at all
- Uncontrolled diabetes is the
  - Seventh leading cause of death
  - Leading cause of blindness
  - Leading cause of kidney failure
  - Leading cause of amputations

## What you should do

The American Diabetes Association recommends good blood glucose (blood sugar) control. You can achieve this by following a treatment plan that results in a fasting blood glucose (done first thing in the morning before you eat) below 130 and a blood sugar 2 hours after a meal less than 180, and a hemoglobin A1C less than 7 percent.

You can reduce your risk of blindness, kidney failure and nerve damage by 50 percent to 75 percent with near-normal blood glucose control.

## Valley County Health System Diabetes Program can help

Our education program, taught by a skilled healthcare team that specializes in diabetes, teaches you everything you need to know about managing your diabetes so you can live a healthier life.

Many program participants have seen reduced hemoglobin A1c levels and say they feel more confident in their ability to manage their diabetes.

## What you will learn

- An understanding of diabetes and how it affects your body
- Blood glucose monitoring and how to use the results
- Healthy eating habits
- Monitoring your medications
- Importance of exercise and activity
- Early detection and prevention of complications

“In order to succeed, motivation and education are key!”

This multi-part course is offered at various times to accommodate individual schedules. Family members and significant others are welcome to attend at no additional cost. For those with special needs, we offer individual instruction as needed.

The charge for this program is billed directly to your medical insurance and is covered by many plans. Medicare covers diabetic teaching.

## We offer ongoing education

Educators are available to speak at group functions.

## Where to find us

Valley County Health System Diabetic Program is located at 2707 L Street in Ord. For more information about diabetes education and the self-management program please call 308.728.4341.

» Visit us at  
[ValleyCountyHealthSystem.org](http://ValleyCountyHealthSystem.org)