

How to register ...

To find out more information about Diabetes Conversations or to register your interest to attend the sessions, please contact:-

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DIABETES
CONVERSATIONS

Created by

Healthy ⁱ

In collaboration with



International Diabetes Federation

Sponsored by

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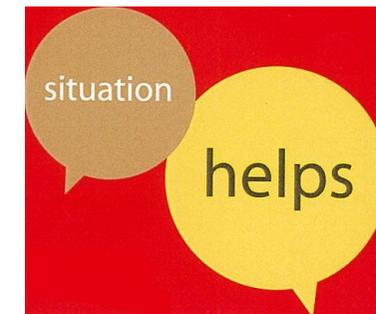
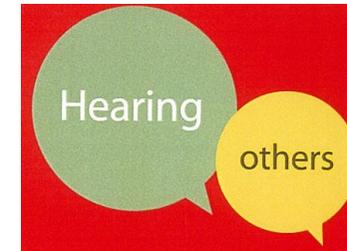
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Ask your doctor or nurse about Conversation Map — an education resource that has people with diabetes talking.

What does the course involve

Managing diabetes can be overwhelming. There is so much to learn about diet, monitoring medicine and day-to-day management but an exciting programme called Diabetes Conversations makes learning fun and engaging.

These small, group sessions guide attendees through an instructional conversation that makes it even easier to understand, control and manage diabetes.

There are six sessions, each of them are designed to engage small groups of people with diabetes in an open and meaningful discussion about their condition.

The sessions are ideal not only for the newly diagnosed but also as a refresher for those who have been living with diabetes for many years.

Whilst each Diabetes Conversation session builds on the others, each is also designed to stand alone and can be attended as and when the attendee feels ready.

Workshop Choices

Living with Diabetes

Topics that will be covered include:

1. Your experience and understanding of diabetes.
2. How are you feeling about diabetes.
3. Knowing the numbers.
4. High blood glucose levels.
5. Managing your diabetes.
6. Setting goals and your support network.

How diabetes works

Topics that will be discussed include:

1. Before diabetes.
2. Progression of diabetes.
3. Managing diabetes to avoid or delay complications.
4. Taking control and knowing the numbers.
5. The benefits of healthy eating and keeping active.
6. The benefits of medication.
7. Setting goals and your support network.

Healthy eating and being active

Topics that will be discussed include:

1. The basics of healthy eating.
2. What you eat.
3. How much and when you eat.
4. Dealing with challenges.
5. Being active.
6. Adopting a healthy lifestyle.

Workshop Choices

Starting insulin treatment

Topics that will be covered include:

1. How are you feeling about starting insulin treatment.
2. What is insulin and why do you need it.
3. The benefits of insulin treatment.
4. The types of insulin.
5. Better control of your blood glucose.
6. Understanding and managing Hypoglycemia.
7. Other things to keep in mind.
8. Making adjustments.
9. Setting goals and your support network.

Diabetes and caring for your feet

Topics that will be discussed include:

1. Why caring for your feet is important.
2. Looking at your feet.
3. Cleaning and caring for your feet.
4. Protecting your feet.
5. Visits to the doctor.

Understanding the many factors of managing diabetes

Topics that will be discussed include:

1. Your experience and understanding of diabetes.
2. Understanding complications and screening for these complications.
3. Knowing the risk factors.
4. Managing the risks.
5. Diabetes medications options.
6. Dyslipidemia medications options.
7. High blood pressure medications options.
8. Antiplatelet medications options.