

TRANSPLANT DIABETES CLASS



Learn how good blood sugar control will help you through your transplant process!

Who	This one-time class is taught by an interdisciplinary team. It is for people with diabetes who are in the transplant process. Family members and friends are encouraged to attend free of charge.
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What	Learn self care skills to manage your blood sugars and improve your health before and after your transplant. Topics include:	
	<ul style="list-style-type: none"> ✓ What to eat ✓ Avoiding infection ✓ Exercise strategy 	<ul style="list-style-type: none"> ✓ Insulin and medication management ✓ How to manage diabetes during illness ✓ Management of high and low blood sugars

When	Class meets once for 2 hours and is offered once a month. Please see schedule below for 2011 class dates
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2nd Fridays of each month and begins at 1:00 pm		
✓ January 14	✓ May 13	✓ September 9
✓ February 11	✓ June 10	✓ October 14
✓ March 11	✓ July 8	✓ November 11
✓ April 8	✓ August 12	✓ December 9

Where	Class is held in the Stanford Hospital and Clinics First floor Liver & Kidney Transplant Clinic Conference Room #1, A172 in Boswell Bldg. Directions from the main hallway, our clinic entrance is labeled: 1 South A160 Kidney Transplant Program/ Liver Transplant Program
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How	To register for this class call (650) 725-1988.
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