

# Diabetes Care Program

Stanford Health Care Diabetes Education and Prevention Program has been recognized by the American Diabetes Association for Quality Self-Management Education and Support.

We are an interdisciplinary team of health care providers who will help you optimize your diabetes control and attain your health goals. We embrace the latest technology in managing your diabetes, such as mobile apps, medication programs, continuous glucose monitors and insulin pumps, and online video education.

<https://stanfordhealthcare.org/medical-clinics/diabetes-care.html>

Below is the 2019 program summary of Spanish education classes:



## Core Concepts of Diabetes Management

Explores strategies which promote well-being and decrease the risk of complications associated with diabetes. This program focuses on the tools and techniques needed to manage diabetes. The course is delivered as a two-part series taught by a diabetes educator, a dietitian, and a pharmacist.



## Carbohydrate Counting: The Basics

Learn how different foods affect your blood glucose levels. Discover how to eat the foods you enjoy while still being able to maintain your blood glucose goals. This two-hour program is taught by a registered dietitian who specializes in diabetes education.



## Individualized Education Sessions

We offer individualized self-management training. Our team is comprised of Dietitians, Nurses, Diabetes Educators and Pharmacists who specialize in glucose monitoring, meal planning, medication education, including insulins, insulin pumps and CGMs. Individualized education session and training are provided by Provider referral and are available at select Stanford Health Care Primary Care locations.

## Diabetes Education and Prevention Program Class Calendar

Stanford Primary Care Clinic Hoover Pavilion

Stanford Family Medicine Clinic - 4th Floor Conference Room

211 Quarry Road Palo Alto, CA 94304  
(650) 498-9000

Class	Offered Monthly	Time
Diabetes Core Concepts 1	First Thursday of Jan, April, July, Oct	3:00 – 5:00 pm
Diabetes Core Concepts 2	Second Thursday of Jan, April, July, Oct	3:00 – 5:00 pm
Carbohydrate Counting; The Basics	Third Thursday of Jan, April, July, Oct	3:00 – 5:00 pm