

## TAKE CONTROL

Managing your diabetes will help you feel better, have more energy, and decrease your risk of diabetes complications.



### Diabetes Basics

*For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition*

Learn how diabetes affects your body and what you can do to manage it.

This group, led by a certified diabetes educator, explores healthy eating, blood glucose monitoring, physical activity, and avoiding complications.

Discussions encourage you to discover your successes, learn from others, and build confidence.

3 sessions, 2.5 hours each

\$50, free to Medicare members

One support person over 18 is welcome to attend with you. You are encouraged to bring your glucose meter to the first session. You may bring snacks/drinks for your own use, if needed.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

### Diabetes Basics – Webinar

*For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition*

Learn how diabetes affects your body and what you can do to manage it.

From the comfort of your home or office, learn about healthy eating, blood glucose monitoring, physical activity, and avoiding complications. The session is led by a certified diabetes educator.

3 sessions, 1.5 hours each

No fee

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

### Insulin Information

*For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher*

Learn about insulin, injection techniques, and how to time insulin with meals and activity.

This class is led by a certified diabetes educator. Proper disposal of insulin syringes also will be covered.

1 session, 3 hours

No fee

One support person over 18 is welcome to attend with you. Please bring your glucose meter and log book with you to class. If you have insulin and syringes, please bring them. If you do not yet have your insulin and syringes, it is OK to attend without them.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.



## Want to know more?

- Go to [kp.org/healthengagement/diabetes](https://kp.org/healthengagement/diabetes).



## Pediatric Diabetes Program

*For pediatric Kaiser Permanente members who have been diagnosed with diabetes, and their families*

Get information and support. The program offers several classes:

- Insulin pump class – families can learn the information they need before entering the world of technology and diabetes management.
- Advanced diabetes class – build on your type 1 diabetes knowledge and discuss the myths and realities of raising a child with diabetes.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.

No fee

Classes are offered at different times through the year. For more information, please call 503-331-6260.

## Household medical waste

Most states have laws that require all sharps (syringes and lancets) be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can buy to use at home.



### FEELING BETTER

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you feel better – and become better equipped to deal with life's ups and downs.



### Adult Cancer Support Group

*For people 21 and older who have been diagnosed with cancer*

Share information and experiences and generally support each other through cancer and treatment.

The Cancer Support Groups are assisted by cancer counselors. Adults with all types of cancers and stages of treatment are welcome to attend. A support person is welcome to attend, with or without the participant.

Ongoing weekly and bi-weekly groups, 1.5 hours each  
No fee

**Locations:**

- Cascade Park Medical Office
- Central Interstate Medical Office
- Longview-Kelso Medical Office
- Skyline Medical Office

For more information, please call 503-331-6550.

### Cancer Rehab Class

*For Kaiser Permanente members with a current or prior history of cancer*

Gain an understanding of and learn to manage the side effects or symptoms related to your cancer treatment.

Learn how exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. The session includes education about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

1 session, 1.5 hours

No fee

**Locations:**

- Interstate Medical Office Central
- Orchards Medical Office

To register, please call 1-844-394-3972 (toll free). You can also register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.