SHS Outpatient Diabetes Education Program

The diabetes classes will cover the following topics:

**Diabetes 101:**
- Disease overview
- Necessary screening
- Blood glucose testing, will provide meter as needed
- Hyper/hypoglycemia symptoms and treatment
- Home foot care
- Short term and long term complications
- Sick day management
- Treatment options/medications
- Exercise
- Support resources

**Meal Planning:**
- Basic diabetes food groups
- Carbohydrate foods and portion sizes
- Basic meal planning
- Heart healthy recommendations
- Support resources

**Gestational Diabetes Class**
- Includes topics from both classes and guidelines for pregnancy

**Class Locations and Times:**

Kling Professional Building, 4th Floor - 2720 W. 15th Street
- Diabetes 101 in Spanish, Tuesdays at 1:30pm
- Diabetes 101 in English, Fridays at 9am
- Meal Planning in Spanish, Tuesdays at 3pm
- Meal Planning in English, Fridays at 10am
- Gestational Diabetes English, Fridays at 12:30pm

Lawndale Plaza Clinic - 1108 S. Kedzie Avenue
- Meal Planning in English, Mondays at 2:30pm

All classes are offered in English and Spanish.
Please specify class name and primary language of the patient when making the appointment.

A physician referral and an appointment are required for all diabetes classes.
Please call Mount Sinai Hospital’s Central Scheduling at 773-542-2273 to make an appointment.

For more information, please contact Shayna Oshita, PhD RD LDN at 773-257-2176 or Kitty River, RN CDE at 773-257-5245