

Ideas for Diabetes Support Groups

Lessons From diabetesatwork.com

- Getting Started With Weight Control: Increased Activity
- Controlling High Blood Pressure
- Managing the Highs and Lows of Type 2 Diabetes
- What Is Diabetes and How Is It Treated?
- Putting Your Best Foot Forward: Choosing Shoes to Prevent Diabetic Foot Problems

Other Possible Topics and Suggested Presenters

Medical Management

Foot Care—Podiatrist, nurse, or doctor

Periodontal Disease—Dentist, dental hygienist, or periodontist

Blood Glucose Monitoring—Pharmacists, nurse, or manufacturer's representative

Sick Day Management—Nurse or doctor

Diabetes Medications—Pharmacist

Vacation Travel—Doctor or nurse

Computer Programs for Diabetes—Manufacturer's representative, doctor, or nurse

Preventing Diabetes-Related Eye Problems—Eye doctor

Kidney and Bladder Infections—Urologist or other doctor

Impotence—Urologist, general practitioner, or nurse

Pregnancy and Diabetes—Gynecologist or endocrinologist

Cardiovascular Disease Prevention and Control—Cardiologist, internist, family practitioner, or nurse

Insurance for Diabetes—Insurance agent or medicare/medicaid representative

Use of Over-the-Counter Drugs—Pharmacist or doctor

Insulin Delivery Systems—Nurse, doctor, or company representative

Prevention of Diabetes Complications—Nurse, doctor, or dietician

Explanation of Lab Reports—Doctor or nurse

Introduction to the American Diabetes Association (ADA)—Regional ADA representative

Smoking Cessation—American Lung Association representative, psychologist, or doctor

Medical IDs for Diabetes—Pharmacist, nurse, or doctor

Help for the Visually Impaired—Vocational rehab or representative from Atlanta Center for the Visually Impaired

Preparing for Surgery—Doctor or nurse

Controlling Neuropathy—Neurologist, endocrinologist, family practitioner, or nurse
Training a Babysitter, Teacher, or Daycare Worker about diabetes—Nurse or doctor
Medical Quackery—Pharmacist, doctor, or nurse

Note: Diabetes Educators can address many of the topics suggested above.

Nutrition and Diabetes

Supermarket Tour—Dietician
How to Splurge With the Least Amount of Damage—Dietician
Incorporating Your Favorite Foods—Dietician

Exercise

1. Choosing the Right Shoes—Podiatrist
2. Exercise Equipment—Exercise physiologist or physical therapist
3. Exercise When You Have Complications—Exercise physiologist or physical therapist

Psychological Adjustment

1. Controlling Depression—Social worker or psychologist
2. Being a Supportive Family Member or Friend—Social worker or psychologist
3. The Adolescent and Diabetes—Social worker or psychologist
4. Eating Disorders and Diabetes—Social worker, psychologist, or dietician
5. Dealing With Anger—Social worker or psychologist
6. Controlling Diabetes Burnout—Social worker, psychologist, or nurse
7. The Support of the Younger Child—Social worker or psychologist
8. Assertiveness Training—Social worker or psychologist