



Questions? Call 469.814.6896

To schedule your diabetes education:

1. Visit or contact your physician. Your physician's office will fax an order for diabetes education to 469.814.6761 or call the diabetes education department at 469.814.6896. We will contact your physician for an order.
2. When the order is received our staff will contact you to schedule your appointment.
3. Your health insurance carrier may pay for part or all of diabetes education services. Please contact your health insurance carrier to check your benefits for diabetes self-management training.

Visit our Web site at BaylorHealth.com/Plano.



4700 Alliance Boulevard
Plano, Texas 75093
BaylorHealth.com/Plano

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Comprehensive Care for *Diabetes* and Related Conditions

Baylor Regional Medical Center at Plano

Diabetes can change your life in many ways, but it doesn't have to diminish the quality. A serious medical condition, diabetes can affect numerous parts of the body, especially the cardiovascular system, eyes, kidneys and feet. Yet with education, training and access to expert medical care, people with diabetes can control their condition and live a healthier lifestyle.

Baylor Regional Medical Center at Plano offers comprehensive, multidisciplinary clinical services often needed by people with diabetes. By choosing Baylor, patients have the convenience of receiving all the health care services they need through a single source. Baylor's focus is on education, prevention and screening to help stop diabetes complications from occurring.



The multidisciplinary team includes medical specialists from:

Cardiovascular Disease—to treat high blood pressure, high cholesterol, as well as prevent heart disease and stroke

Neurology—to treat diabetic neuropathy and nerve damage

Nephrology—to address any kidney complications a patient may experience

Ophthalmology—to prevent vision loss

Orthopaedics and Physical Medicine and Rehabilitation—helping patients with movement disorders, amputations or other complications

Podiatry—to address any foot problems a patient may experience

Weight Loss Surgery—with blood sugars in control, patients will heal faster and experience a better outcome

Wound Care—treatment for hard-to-heal wounds

Control Diabetes

With diabetes, achieving your optimal blood glucose levels requires extensive self-management training. The Diabetes Education Center at Baylor Regional Medical Center at Plano features instruction by a registered nurse and a registered dietitian who also are certified diabetes educators. Most educators are insulin pump certified.

To accommodate patient schedules, classes are offered during the week at various times in addition to a monthly Saturday class. The diabetes management program is covered by many health insurance plans, including Medicare.



General Diabetes Information

Diabetes is a disease in which the body either does not produce enough insulin (Type 1) or does not use it properly (Type 2). Insulin lets glucose into all cells for energy. Without enough insulin or proper use of it, glucose (sugar) from the food you eat cannot enter cells normally, and builds up in the blood. Your body tissues become starved for energy and your blood glucose level gets too high.

Symptoms of diabetes

- Increased fatigue
- Extreme hunger
- Blurry vision
- Excessive thirst
- Frequent urination
- Unexplained weight loss
- Cuts or wounds healing slowly
- Numbness/tingling in hands and feet
- In women: frequent yeast infections

Programs and Classes

Diabetes Self-Management Training Program for Type 1 and Type 2 Diabetes

A comprehensive assessment and review of self-care behaviors.

A one-on-one and group education program is designed to meet the education needs of each patient. Saturday classes are available.

Recognized by the American Diabetes Association, this multidisciplinary program covers a full range of lifestyle and disease prevention topics. Among the topics are blood glucose management, coping with diabetes, importance of exercise, diabetes medications, hypoglycemia, hyperglycemia, food labels, meal planning, alcohol, dining out, and prevention of complications.



Diabetes Programs

Pre-Diabetes (Impaired Glucose Tolerance)

Designed specifically for people diagnosed with pre-diabetes. The program focuses on developing a healthy lifestyle with a comprehensive assessment and meal planning with a registered dietitian.

Diabetes During Pregnancy

Designed specifically for women whose pregnancy has been complicated with diabetes or pregestational diabetes. The program consists of intensive, individual meal planning, blood glucose and ketone testing instructions, exercise plans as recommended by the physician and insulin therapy when required.



Ambulatory Insulin Initiation and Titration

In this program, educators start patients on insulin and manage their dosages under the supervision of a physician.

Insulin Pump Program

This advanced program offers a comprehensive assessment, education and support for individuals choosing to use an insulin pump.

Medical Nutrition Therapy

With a focus on meal planning, a registered dietitian uses a variety of tools to assist individuals who need additional support and education in food management for various conditions.



Diabetes Type 2 for Adolescents

This class takes a comprehensive family approach to the assessment and education of both established and newly diagnosed children and adolescents with Type 2 diabetes.

Diabetes Support Group

Free support group for patients and families meets monthly.

Take Control of Your Diabetes

Get started today on the path to a healthier lifestyle. For more information on the diabetes education programs or clinical services available at Baylor Regional Medical Center at Plano, please call 1.800.4BAYLOR.

