

Fort Washington Medical Center Outpatient Diabetes Education Program



www.FortWashingtonMC.org

The Fort Washington Medical Center Outpatient Diabetes Education Program

Whether you are new to diabetes or experienced, the team here at Fort Washington Medical Center are able to help you navigate your way through the new diagnosis or the day-to-day challenges of having diabetes.

7 Self-Care Core Behaviors

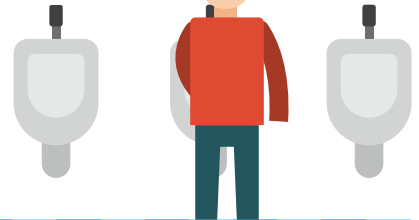
1. Glucose Monitoring
2. Healthy Eating
3. Staying Active
4. Taking Medication
5. Problem Solving
6. Reducing Risks
7. Healthy Coping



Symptoms of Diabetes



Frequent
Urination



DIABETES



The Fort Washington Medical Center Outpatient Diabetes Education Program

offers comprehensive diabetes education and guidance by Certified Diabetes Educators to assist all patients with learning, managing and coping with every aspect of diabetes care and management with the goal of preventing complications.

Blurred Vision



High Blood Sugar

Heart Disease
High Blood Pressure



Numb or Tingling Hands or Feet



Sores that don't heal



Fatigue and Weakness



Risk of Stroke



Kidney damage/disease



Free Educational Classes

Classes take place at:

Fort Washington *NOW* Urgent Care Clinic
10709 Indian Head Highway (MD 210), Suite D
Fort Washington, Maryland 20744.

Sessions typically lasts about two (2) hours.

All participants must schedule a consultation with the Diabetes Educator for an initial assessment. Call today for an appointment or session times, 301-278-1521.



We offer men-only classes, along with regular group classes.



Fort Washington Medical Center
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(Main Hospital) 301-203-2000 | www.FortWashingtonMC.org