

What is Diabetes? / Diabetes ABCs

| | |
|------------------------|---|
| Objectives: | <p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Define type 1 and type 2 diabetes ▪ State recommended ABCs targets ▪ Compare their ABC levels to recommended targets |
| Time Required: | 20 minutes |
| A-V: | <p>PowerPoint, laptop and projector 5 wmv video clip files downloaded on the laptop with the PowerPoint</p> |
| Handouts: | Choose to Live – Your Survival Guide* |
| Talking Points: | <ul style="list-style-type: none"> ▪ First of a 10-part series to provide up-to-date information and tools to help you manage your diabetes ▪ Research has shown that when diabetes is well-managed complications can be prevented or delayed ▪ Each presentation will also include where to find additional information (if you want more now or in the future) ▪ The “Choose to Live – Your Survival Guide” will be used in all 10 presentations (plus additional handouts) ▪ Focus of first presentation on “What is Diabetes” and the “ABCs of Diabetes” ▪ Series of slides with video clips describing type 1 and type 2 diabetes ▪ Diabetes ABCs – A1C, Blood Pressure and Cholesterol: <ul style="list-style-type: none"> ○ Definitions ○ Recommended Targets ○ When were your ABCs last measured? What were your results? ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ The Diabetes Learning Center and Choose to Live Monthly Challenge at diabetes.org |
| Activity: | Participants answer when their ABCs were last measured and their results. |

* Used in all “Managing Diabetes” presentations