

It's all about you

Did you know that over 18.2 million people in the United States are affected by diabetes?

Whether you're newly diagnosed or have been living with diabetes for a long time, remember — you're not alone.

The Porter Diabetes Education Center at Parker is here for you

Porter Hospital's program is a dynamic, interactive program with clear goals and a curriculum designed to help you take control of your diabetes, reduce its risks and live a rich, active life. Now this same high quality program is available at Parker Adventist Hospital.

Taking charge of your lifestyle is one of the most significant aspects to managing your diabetes effectively. By making smart choices related to the food you eat, getting regular exercise, taking medication and monitoring your blood sugar — you can reduce your risk of the serious complications caused by uncontrolled diabetes.

Centura Health complies with the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, and no person shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination in the provision of any care or service on the grounds of race, religion, color, sex, national origin, sexual preference, ancestry, age, familial status, disability or handicap.

Our Mission

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.



Parker Adventist Hospital



9395 Crown Crest Boulevard
Parker, CO 80138
parkerhospital.org

Schedule an appointment:
303-269-4500

Take charge of your health



The Porter Diabetes Education Center at Parker

Parker Adventist Hospital



Program Experience

We know you're not like any other person with diabetes and that your experience and needs are unique to you. For this reason, we work very closely with you — teaching you how to enjoy a healthy, active life and how to prevent complications.

Plentiful individual attention

Our instructors meet with you individually, and as part of a team, to develop strategies that will help you achieve your goals. We do this by identifying behavior changes that are meaningful to you and make sense for your lifestyle.

Monitoring your success

We don't just hope our program works — we measure your progress along the way to ensure that it does. Self-evaluation tools, assessments given by the nurse educator, testing your own blood sugar levels at frequent intervals and working one-on-one with you and your doctor give us objective feedback to tailor the program to meet your unique needs.

Lively, interactive instruction

Classes use a variety of tools and techniques, including hands-on models, video presentations, discussion and more. Our instructors are experienced, personable and compassionate.

New friends, new support

Many people have diabetes, yet have learned to live rich, happy lives. Our program is designed to provide plenty of interaction with other participants that will help motivate and reassure you.

Program topics

The program curriculum includes interactive instruction on many topics:

- Diabetes disease process
- Nutritional management
- Physical activity
- Medications
- Monitoring
- Prevention and treatment of acute complications
- Prevention and treatment of chronic complications through risk reduction
- Goal setting and problem solving
- Psychological adjustment
- Pre-conception education and education related to gestational diabetes management
- Gestational Diabetes

How to enroll

Not only is it easy to do, but chances are your doctor will be very supportive of your decision to enroll.

Simply:

- Ask your doctor to fill out an enrollment form and fax it to our scheduling office at 303-269-4504. If your doctor does not have a form, please contact us at 303-269-4500 and we will fax the form directly to your doctor.
- This form includes your diagnosis, recent lab results and current medications. This will help us begin to put together a program that's right for you.
- Once we receive the completed form from your doctor, we will call you to set up an initial assessment. And then you begin!
- Please note that we will call you after receiving the form from your doctor.

