

Saint Elizabeth Diabetes Center

At the Saint Elizabeth Diabetes Center:

- Group Classes
- Individual Classes
- Gestational Diabetes Classes
- Pre-Diabetes Classes
- Adult Diabetes Clinic
- Continuous Glucose Monitor Sensor
- Support / Education Groups

Saint Elizabeth Diabetes Center Class Location

7441 O Street, Suite 200
Lincoln, NE 68510
P-402.219.8777
F-402.219.8771



The American Diabetes Association recognizes the Saint Elizabeth Diabetes Center as meeting the national standards for diabetes self-management education.

Group Diabetes Education Classes

For the person who needs to understand how to manage their diabetes. The diabetes educators will explain what diabetes is, causes, symptoms and treatment options. We explain how the medications work, the importance of regular exercise, meal planning, blood testing and how these three treatments must work together. We discuss how the complications develop and what can be done to prevent or control them. The dietitian provides meal planning and carbohydrate counting information during the classes. We will demonstrate how to use a blood glucose monitor. The person will set behavior change goals at the end of each class. We review the goals and look at why they succeeded or what they could do differently. The classes meet twice for a total of six hours. Follow up support is included. Requires physician referral.

Individual Instruction Recommended

This is intended for people with special needs who would not do well in a group class. Special needs may include vision or hearing impairment, language or cultural barriers or other challenges. Content of the class is the same as the group diabetes class. Requires physician referral.

Gestational Diabetes Class

For the pregnant woman diagnosed with diabetes during her pregnancy, we provide education about gestational diabetes, meal planning, exercise and blood glucose monitoring if needed. We will provide a blood glucose monitor for use during the pregnancy. Requires physician referral.

Adult Diabetes Clinic

This is a consultative clinic only. We work with Dr. Anthony Ross to help people with their diabetes management. We only work with diabetes so our staff has a focused approach to diabetes management. We work with Intensive Insulin Therapy and Insulin Pump Therapy for people with Type 1 and Type 2 diabetes. We provide close follow up for the patient and keep in contact with the referring physician.

Continuous Glucose Monitor Sensor

For people having unexplained high and low blood sugars, this provides a method of monitoring the blood sugar every five minutes for 72+ hours. We will insert the monitor (similar to an insulin pump), then download the information and send the results to the referring physician.

Pre-Diabetes Class

In the pre-diabetes syndrome, people have blood sugars higher than normal but not high enough to be diagnosed with diabetes. We offer classes six times a year. Cost \$15 per person. Call 219-7000 to register.



The diabetes education area at the Saint Elizabeth Diabetes Center

Support groups-----

Diabetes Education Meetings

We sponsor education meetings that meet three times a year on a Saturday morning from 9 am-12 pm. Topics are related to diabetes management. To be placed on our mailing list, call 402.219.8777. Meetings are free.

Kids with Diabetes Support Group

"Pumping Up" This is a monthly support group for kids who have diabetes from 4 to 18 years old. The group is divided into smaller groups depending on how many kids attend. There are projects to do, speakers to listen to and support from each other. For more information call JDRF at 484-8300.

Parents of Kids with Diabetes Support Group

The parents of the kids have their own group. While they wait for their kids, they share feelings and develop support to help each other. There are speakers and time for sharing of concerns and needs. For more information call JDRF at 484-8300.

How to Schedule an Appointment

If you feel you need more information about diabetes, the first step is to contact your primary physician and talk with them about diabetes education. Your physician will send a referral to the diabetes center and we will contact you for an appointment. We accept all insurance companies.

If you are a provider, please call 402-219-8777 and we will send you the referral form. You only have to fill out the form and fax the referral to us and we will contact your patient to schedule the appointment.



You may also find more information about us online at www.SaintElizabethOnline.com

Meet our friendly team



Judy, Pam, Kristi, and Kathy

Treating Diabetes

- People with type 1 diabetes must have insulin delivered by injection or a pump.
- Many people with type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication.
- Many people with diabetes also need to take medications to control their cholesterol and blood pressure.
- Diabetes self-management education (DMSE) is an important part of medical care.
- Among adults with diagnosed diabetes, 16 percent take insulin only, 12 percent take both insulin and oral medication, 57 percent take oral medication only, and 15 percent do not take either insulin or oral medications.

Pre-Diabetes

A condition that raises the risk of developing type 2 diabetes, heart disease, and stroke. Some people with pre-diabetes have blood glucose levels higher than normal but not high enough to be classified as diabetes.