

Our partners



www.fcdc.info
(859) 288-2395



kentuckydiabetes.net
(502) 564-7996
ext. 3807



(502) 564-7996
ext. 3807

Having a family reunion?

Call us to reserve your **FREE Diabetes Reunion Kit!**

Tools, tips, recipes and activities to help reduce your family's risk for developing type 2 diabetes!

Contact us

Lexington-Fayette County Health Department
Diabetes Program
805A Newtown Circle
Lexington, KY 40511

Phone: (859) 288-2352



Find us on Facebook,
or follow us at twitter.com/LFCHD.
www.lexingtonhealthdepartment.org



Managing Diabetes



Take control now.



We can help.

We have a wide range of **Diabetes Education** classes and programs to help you manage and live well with diabetes.

Call us today to register for any of our classes!

(859) 288-2352

www.lexingtonhealthdepartment.org

What is diabetes?

Diabetes is common in Kentucky and has become an epidemic. More than **one-fourth** of people are unaware they have the disease.

Diabetes is a disease with high levels of blood glucose, which results from defects in insulin. People with diabetes can take steps to control the disease and lower the risks of complications.

what are common symptoms?

- increased thirst and urination, hunger, weight loss, blurred vision, fatigue and poor wound healing

what are the four types?

- Pre-diabetes, Type 1 diabetes, Type 2 diabetes, Gestational diabetes

Monthly meetings

We host support groups throughout Lexington each month, including meetings at the sites listed below. **Call us today** to find out when the next meeting is scheduled at the site nearest you.

Senior Citizens Center

1530 Nicholasville Road
1 p.m. second Monday

UK Polk-Dalton

217 Elm Tree Lane
6:15 p.m. second Tuesday

Nathaniel Mission

616 De Roode St.
5 p.m. third Tuesday

Faith Lutheran Church

1000 Bates Creek Road
Saturdays, call for dates

Group classes

Do you have a group, business or organization that would benefit from diabetes management classes? We have a variety of classes to match your needs. Call our experts to find out how to set up a class!

Diabetes Basics Parts 1 & 2

This **free** two-part series covers managing diabetes, foods to eat, how to check blood sugar and ways to keep healthy. Part 2 explains food choices and diabetes in more detail, carbohydrate counting, dining out and more.

Survival Skills for Diabetes

A three-hour class covering basic steps to manage diabetes. Dealing with diabetes is an everyday job and YOU are in charge! These survival skills will help you take care of yourself and make steps to control your diabetes.



Pre-Diabetes

What's the fuss about? About 233,000 Kentuckians have been diagnosed with Pre-diabetes. Are you one? Join us for this **free** 90-minute class to learn how healthy lifestyle changes can prevent/delay Type 2 diabetes.

Myths and Facts on Diabetes

There are many myths about diabetes. Come join us for a **free** class to find the true facts of managing diabetes. This 60-minute class will help stop the misconceptions about diabetes.

Self-management: Living Well with Diabetes series

Diabetes management can feel overwhelming. Join us to find out the details of dealing with diabetes every day. This **free** series is offered quarterly and covers new topics each week. Various areas covered include:

- daily diabetes monitoring,
- healthy eating,
- physical activity and
- medication management.

Classes available in English and Spanish.