



## ZACHARY BOWLING PEDIATRIC OUTPATIENT DIABETES EDUCATION SERVICES

Our program provides the only hospital-affiliated pediatric diabetes education service recognized by the American Diabetes Association (ADA) between Phoenix and Austin.

### SERVICES

- Diabetes Diagnosis and Treatment Options
- Diabetes Medications and How They Work
- Insulin Pens & Insulin Pumps
- Continuous Glucose Monitors
- Healthy Eating, Meal Planning and Carb Counting
- Managing Diabetes During Illness
- Managing Diabetes at School
- Hypoglycemia Treatment and Prevention
- Developing a Healthy Activity Plan
- Problem Solving
- Myths Vs Facts
- Successfully Changing Unhealthy Behaviors
- Preventing Long Term Complications

### RESOURCES AND ACTIVITIES

- Pediatric Diabetes Ambassadors Program
- World Diabetes Month Events
- Parent's Night Out
- Community Education Programs
- Year-round Support Group Activities
- Annual Conferences

### STAFF

- Registered Nurses and Registered Dietitians who are Certified Diabetes Care and Education Specialists with experience and expertise in pediatrics.
- Certified Insulin Pump Trainers
- Certified Continuous Glucose Monitor Trainers

