

BAYANIHAN CLINIC DIABETES EMPOWERMENT PROGRAM

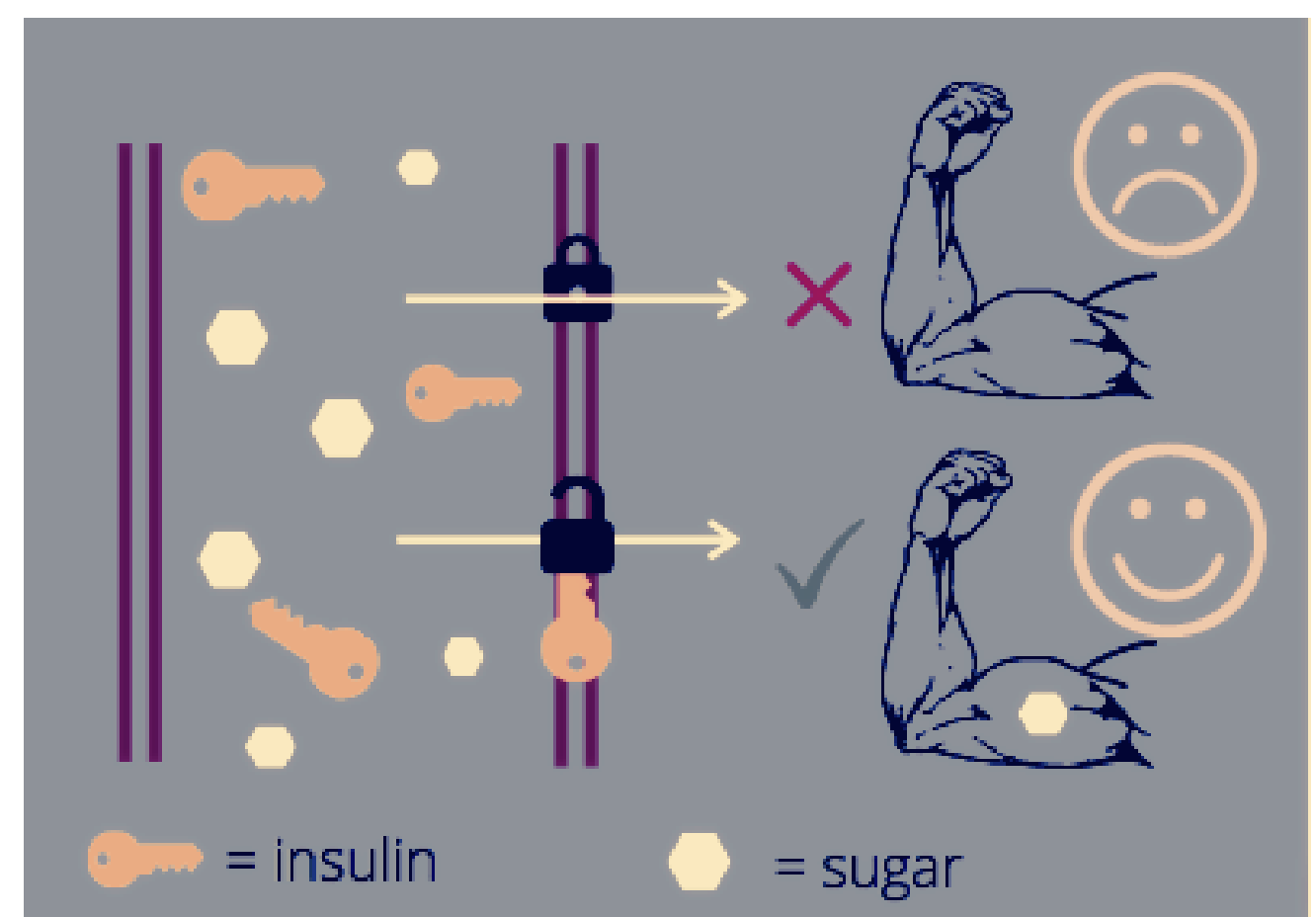
DEP SERVICES

Diabetes Empowerment Program (DEP) is a specialty service that works with prediabetic, Type I, or Type II diabetic patients to improve their condition. DEP helps patients collaborate on goals for exercise and diet to better their health, which in turn, helps them manage their diabetes! Our mission statement is to empower, guide, and reassure patients with or at risk for diabetes through education, persistence and personalized counseling.

WHAT IS DIABETES?

There are various forms of Diabetes, but overall, it is a condition that affects your ability to use the energy you gain from carbohydrates.

- **Type 2 Diabetes** is the most common form and happens when your body develops insulin resistance. Insulin is needed to bring sugar into your cells from your blood.
- **Type 1 Diabetes** happens when one cannot produce enough or any insulin, and is usually diagnosed before the age of 40.
- **Gestational Diabetes** occurs during pregnancy when the mother develops insulin resistance.
- **Prediabetes** commonly occurs before one develops Type 2 Diabetes. Those with prediabetes have high blood sugar, but not high enough to be considered diabetic.

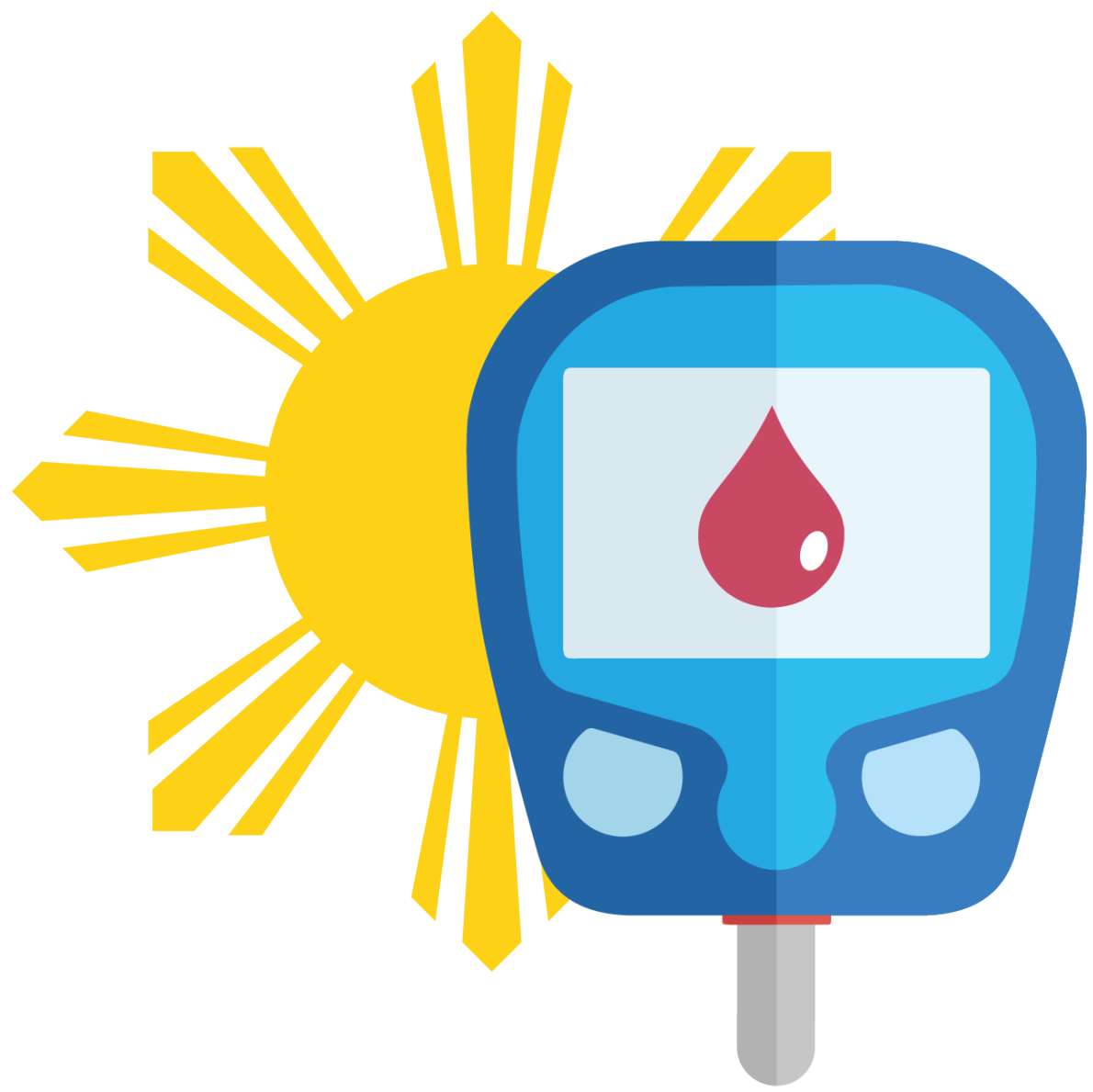


WHO IS ELIGIBLE FOR DEP? HOW CAN I MEET WITH DEP?

Anyone is eligible for DEP! We specialize with pre-diabetic and diabetic patients, but anyone who wants to better their health through diet and exercise is welcome. DEP advocates are at every Saturday clinic, so just let a staff member know if you would like a one-on-one consultation!

SYMPTOMS

- Frequent urination
- Feeling very thirsty and hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that heal slowly
- Weight loss - even though you are eating more (Type 1)
- Tingling, pain, or numbness in the hands/feet (Type 2)



WHAT CAN I DO?

- Talk to a doctor about your health concerns
- Create goals for yourself to start a healthier lifestyle and diet
- Stay active
- Find a support system to help you through your diabetes management

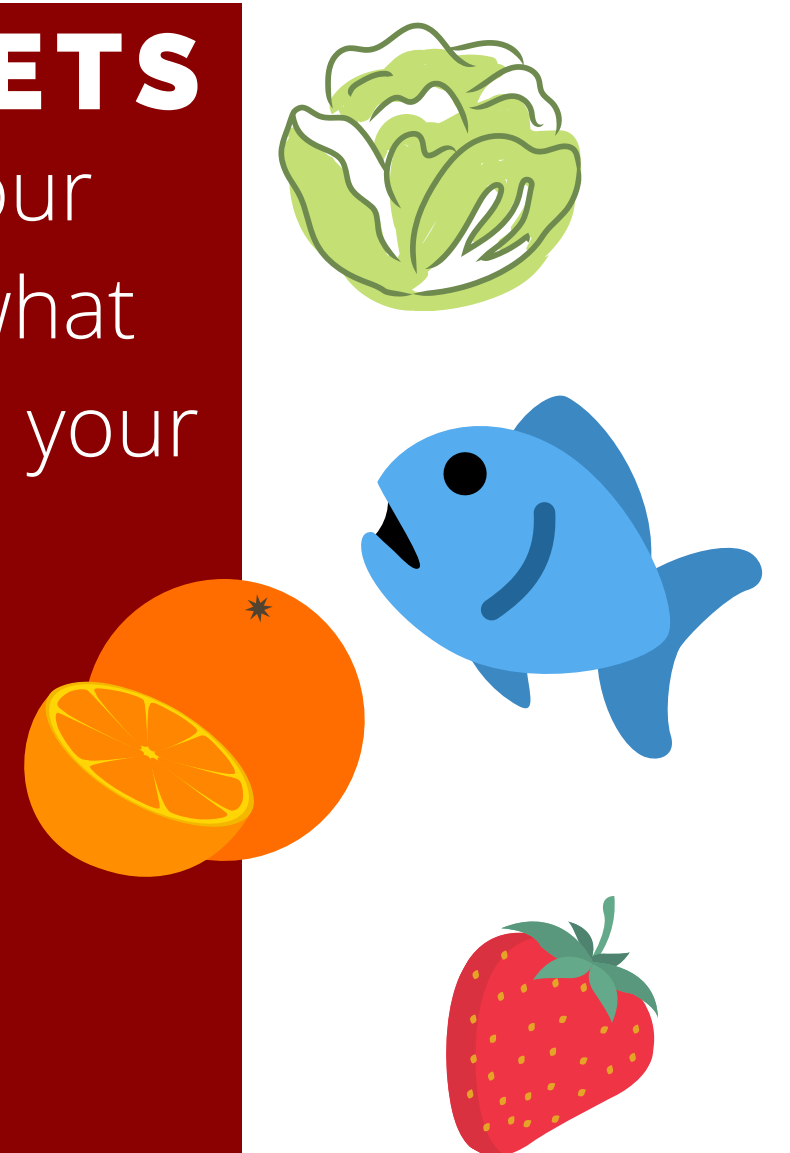
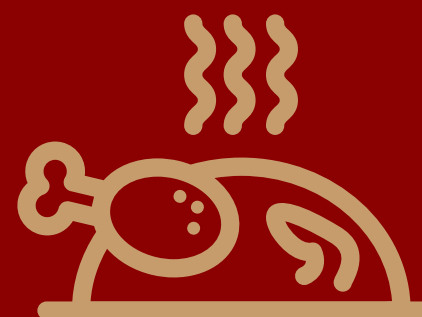
RISK FACTORS

- Biological parent or sibling with diabetes
- Overweight
- Physically inactive
- Have high blood pressure
- Have low HDL cholesterol and/or high triglycerides
- Had diabetes during pregnancy

EXAMPLES OF HEALTHIER DIETS

There is no “diabetes diet.” Really. Talk to your doctor or DEP who can help you figure out what eating plan makes the most sense for you and your treatment goals.

- Mediterranean diet
- Vegetarian and vegan diet
- Low-fat diet
- Find a support system to help you through your diabetes management



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