



MISSION STATEMENT

"Kerr Drug Inc. Diabetes Education Program will help people with diabetes and their families by providing them with access to a collaborative education team and the skills and knowledge to manage their diabetes appropriately with the goal of improving their overall quality of life."

STATEMENT OF SUPPORT

Kerr Drug Inc. strongly believes that self-management education is an integral component of the appropriate care of people with diabetes. We continue to support the staff and their commitment to improve the lives of people with diabetes. The Diabetes Education Program is an integral part of our Health Care Centers and aimed at improving the lives and health of our clients.

KERR DRUG

KERR DRUG DIABETES EDUCATION* PROGRAM

For more information or to set up
an appointment, please call us
at one of our 7 sites:

Triangle East Center
1016 N. Arendell Ave.
Zebulon, NC 27597
(919) 646-7367

University Mall
201-10 South Estes Dr.
Chapel Hill, NC 27514
(919) 918-7595

South Hills Mall
1219 Buck Jones Rd.
Raleigh, NC 27606
(919) 535-0091

816 N. Main St.
Fuquay-Varina, NC 27526
(919) 567-1051

403 E. Main Street
Benson, NC 27504
(919) 207-1221

Towne North Plaza
8385 Creedmoor Rd.
Raleigh, NC 27612
(919) 847-0751

The Lassiter - North Hills
4441 Six Forks Rd.
Raleigh, NC 27609
(919) 534-1393

Monday through Friday
9am – 7pm



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

DIABETES EDUCATION* PROGRAM

*Why should I join...
What's in it for me?*



**TAKE CONTROL, FEEL BETTER
AVOID COMPLICATIONS**



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**KERR
DRUG**
**WE PUT THE
CARE BACK IN
HEALTHCARE**

DIABETES EDUCATION... WHY IS IT IMPORTANT?

Diabetes is a chronic lifelong disease that can be treated but not cured.

Blood sugar can be measured to determine your diabetes control. You will feel better when your blood sugar is under control. However, treatment should not only control blood sugar, but also prevent serious and possibly life-threatening complications of diabetes.

Possible Long-Term Complications of Diabetes

- Loss of vision
- Loss of kidney function
- Heart disease
- Stroke
- Foot ulcers
- Amputation of lower extremities
- Gastrointestinal dysfunction
- Loss of feeling in extremities
- Sexual dysfunction
- Gum disease

Diabetes Management

Our team approach to diabetes education can provide you with general information about diabetes and assist with issues such as diet, exercise, and other lifestyle modifications. We follow the American Diabetes Association standards of care and make recommendations based on these standards.

WHY SHOULD I JOIN?

- We will work in conjunction with your healthcare team and primary care physician.
- We have pharmacists and dietitians specially trained in diabetes who care about your health.
- We review medications and work with your physician to optimize your therapy.
- We provide training on self-care techniques, including footcare, sick day management, proper dental, eye, and skin care.
- We provide tailored education to suit your needs.
- We monitor your blood pressure, weight, and foot health.
- We download your blood sugar meter, assess blood sugar patterns and communicate these to your physician.

HOW DO I SIGN UP FOR THE PROGRAM?

You can come to the Kerr Health Care Center or call us to set up an appointment to discuss the program and how it may benefit you. Our diabetes education program is offered at 7 of our Kerr Drug sites: Zebulon, Chapel Hill, Raleigh, Benson, and Fuquay-Varina. You can also have your doctor refer you to the program.

HOW DOES THE PROGRAM WORK?

When you enroll in the program, you will attend six classes with a clinical pharmacist and/or dietitian.

Class 1: Introduction to Diabetes

- What is diabetes?
- Signs and symptoms of high and low blood sugar
- Complications of diabetes
- Receive a **FREE** blood sugar meter

Class 2: Medications, Blood Sugar Monitoring, and Foot Care

- Medications to treat diabetes
- Monitoring your blood sugar
- How to take care of your feet

Class 3: Nutrition

- Diabetes and nutrition
- Carbohydrate counting
- Reading a nutrition label
- Food pyramid
- Develop a meal plan

Class 4: Caring for Yourself with Diabetes

- Sick day management
- Ketone testing
- Eating for a healthy heart
- How to lower cholesterol and blood pressure
- Exercise
- Receive a **FREE** pedometer (if applicable)

Class 5: Grocery store shopping

- Reading a nutrition label
- Choosing better carbohydrates
- Understanding misleading package labels
- Learning what food ingredients to avoid
- Choosing better food choices

Class 6: Dealing with Stress and Changing Behavior

- Stress/coping
- Changing behaviors
- Setting goals for yourself