

Weight Management Programme

For people with Type 1 or Type 2 Diabetes

12 week lifestyle modification programme, includes 6 dietitian sessions

Session 1, Individual assessment of:

- ✔ Body composition, dietary intake and lifestyle risk factors
- ✔ Blood glucose control and other blood results
- ✔ Your current understanding about diabetes and medications

Sessions 2-6, Fortnightly sessions with Dietitian:

- ✔ How to reduce risk of complications
- ✔ Demystifying food labels
- ✔ Learn about the fat and carbohydrate content of food
- ✔ Tailored dietary advice and goals for change

What will I achieve?

- ✔ Gain an improved understanding of diabetes and the effects of poor control.
- ✔ Improve your glycaemic control and enhance your ability to manage your diabetes.
- ✔ Identify, challenge and modify existing lifestyle behaviours and attitudes that put you at risk of ill-health.
- ✔ Improve your food choices based on increased knowledge and confidence.
- ✔ Achieve some weight loss (if required) and set goals for further weight loss/ weight maintenance.
- ✔ Improve overall quality of life.

What does it cost? €300

Includes 6 Dietitian sessions which can be submitted via your Health Insurance Provider 'Day To Day Medical Expenses' for partial reimbursement. Outstanding fees can be submitted on your Med 1 Tax Form.

Additional queries or bookings ring 021 4941930

Carbohydrate & Insulin Training

For people with Type 1 Diabetes

12 week joint Dietitian and Diabetes Nurse Specialist programme, includes four 60 minute sessions over a 12 week period.

Session 1, Individual assessment of:

- ✦ Body composition, dietary intake and lifestyle risk factors
- ✦ Blood glucose control and other blood results
- ✦ Your current understanding about diabetes and medications

Sessions 2-4, In depth carbohydrate counting and insulin education (basal bolus) will be the focus of the programme.

The effects of exercise, alcohol and illness on blood glucose control will also be discussed.

What will I achieve?

see overleaf

Can I bring someone with me?

Yes, we encourage you to bring your partner/relative with you. Improving understanding can help them to support you with any changes recommended.

What does it cost? €400

Includes 4 Dietitian sessions which can be submitted via your Health Insurance Provider 'Day To Day Medical Expenses' for partial reimbursement. Outstanding fees can be submitted on your Med 1 Tax Form.

What if I need additional support?

You will be offered an individual follow-up and further support as required.

Additional queries or bookings ring 021 4941930

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