

## How do I access the course?

You can be referred in any of the following ways:

- Ask your GP or practice nurse to refer you to the Diabetes Team at the Healthy Living Centre.
- Contact the Healthy Living Centre directly (contact details can be found on the back of this pamphlet).
- Ask your Diabetes Consultant to refer you.



The Peterborough Diabetes Team  
The Healthy Living Centre  
Princes Street  
Peterborough  
PE1 2QP  
Phone: 01733 773100  
Fax: 01733 213521



## PDAC

### Peterborough Dose Adjustment Course



A **FREE** course in the Peterborough area for individuals with:

- **Type 1** Diabetes
- **Type 2** Diabetes who take **4 or more** insulin injections daily

## Is PDAC for me?

- Do you struggle to know how much insulin to inject for different meals?
- Are you unsure what to do with your insulin when you exercise or do you avoid exercise in case you hypo?
- Do you feel unsure of what to do with your insulin if you are really unwell or don't feel like eating?
- Do you worry about how to manage your insulin when drinking alcohol?
- Do you feel like you aren't in control of your diabetes?

If you have answered yes to any of these questions, you would benefit from attending PDAC.



## What's covered?

**The course aims to help you to self manage your blood glucose levels and insulin more effectively so you feel more in control.**

You will learn:

- how to carbohydrate count so that you can adjust your insulin doses to match your meals
- how to prevent and manage hypos
- what to do with your insulin when unwell, exercising or drinking alcohol
- Some strategies to help manage your psychological well being

## What can I expect?

- The course runs for one day a week for 3 consecutive weeks, with a follow up day a month later. Each day runs from 9.15am—4pm
- The course is run by Diabetes Specialists
- The course is delivered in a group setting so there will be others attending who are just like you
- The course is designed to be an interactive group learning experience
- You will be asked to test your blood glucose levels regularly and keep a food diary during the course in order to gather the information needed to make some suggestions and changes