

Diabetes Care Resource Guide

Southwest Utah

Area Agency on Aging

Diabetes Self-Management Program
Beaver, Garfield, Iron, Kane, Washington Counties
Phone: (435) 673-3548
Website: fivecounty.utah.gov

Brent's Pharmacy and Diabetes Care

Community Classes & Individual Sessions
1091 N Bluff St, St. George
Phone: (435) 674-5667
Website: brentspharmacy.com

Bulloch Drug

Community Classes
91 North Main St, Cedar City
Phone: (435) 586-9651
Website: bullochdrug.com/pharmacy

Diabetes Education Clinic (ADA Recognized)

Cedar City Hospital

Individual & Group Sessions
110 W 1325 N, Suite 100, Cedar City
Phone: (435) 868-5576
intermountainhealthcare.org

Crimson Valley Pharmacy (AADE Accredited)

Individual Sessions
2351 S River Rd, Suite 3, St. George
Phone: (435) 218-7744
Website: crimsonvalleyrx.com

Dixie Endocrine & Diabetes Clinic (ADA Recognized)

Individual & Group Sessions
1424 E Foremaster Dr, Suite 120, St. George
Phone: (435) 251-2888
Website: intermountainhealthcare.org

Family Healthcare Clinic

Discount Prescriptions
245 E 680 S, Cedar City
25 North 100 East, Suite 102, St. George
Phone: (435) 986-2565 / (435) 865-1387
Website: familyhc.org

FourPoints Health

Individual Sessions & Service Coordination
440 North Paiute Drive, Cedar City
6109 West 3700 North, Ivins
Phone: (435) 586-1112 / (435) 688-8198
Website: fourpointshealth.org

Garfield Memorial Hospital (ADA Recognized)

Individual Sessions
200 N 400 E, Panguitch
Phone: (435) 676-1277
Website: intermountainhealthcare.org

Harmons Neighborhood Grocer

Shop With A Dietitian: Navigating Diabetes
1189 E 700 S, St. George
3520 Pioneer Parkway, Santa Clara
Phone: (435) 773-6204
Email: melanietaylor@harmonsgrocery.com
Website: harmonsgrocery.com/events

Hurricane Family Pharmacy (AADE Accredited)

Individual & Group Classes
25 N 2000 W, Hurricane
Phone: (435) 635-8200
Website: utahfamilypharmacy.com

Southwest Utah Public Health Department

Community Classes & Presentations
445 North Main, Kanab
620 South 400 East, St. George
Phone: (435) 986-2552
Website: swuhealth.org/diabetes

Visit swuhealth.org/diabetes to learn more.

Call 435-986-2552 for any questions or comments regarding the content of this resource guide.

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What is an A1C test?

The A1C test—also known as the hemoglobin A1C or HbA1c test—is a simple blood test that measures your average blood sugar levels over the past 3 months. It's one of the commonly used tests to diagnose prediabetes and diabetes, and is also the main test to help you and your health care team manage your diabetes. Higher A1C levels are linked to diabetes complications, so reaching and maintaining your individual A1C goal is really important.

What is Diabetes?

There are three main types of diabetes: **type 1**, **type 2**, and **gestational diabetes (diabetes while pregnant)**.

Type 1 Diabetes is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive.

With **Type 2 Diabetes**, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. About 95% of people with diabetes have type 2 diabetes. It develops over many years and is usually diagnosed in adults. You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, healthy eating, and getting regular physical activity.

Gestational Diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health complications. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life.

What are the complications of Diabetes?

Complications from diabetes include heart disease, stroke, vision loss, nerve damage, kidney disease, and amputations. In addition, diabetes puts you at risk for gum disease, hearing loss, Alzheimer's disease, and depression.

Complications usually develop over a long time without any symptoms. That's why it's so important to make and keep medical appointments even if you feel fine. Early treatment can help prevent or delay diabetes-related health conditions and improve overall health.

What can I do to prevent or delay the complications of Diabetes?

The good news is that you can prevent most of these problems by keeping your blood glucose (blood sugar) under control, eating healthy, being physically active, not smoking, working with your healthcare provider to keep your blood pressure and cholesterol under control, and getting necessary screening tests.

Visit swuhealth.org/diabetes to learn more.

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