




TYPE 2 DIABETES PROGRAM

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Our Type 2 Diabetes Program is a structured plan designed to help individuals with diabetes to effectively manage their condition throughout the year. This program typically involves regular check-ups, consultations with healthcare professionals, monitoring of blood sugar levels, medication management, lifestyle counseling, and education on diabetes self-care



The components of the yearly diabetic management program include (as per the program schedule):



BLOOD SUGAR MONITORING:

Regular monitoring of blood sugar levels using a blood glucose meter, continuous glucose monitor (CGM), or other devices to ensure that blood sugar levels are within the target range.



REGULAR CHECK-UPS:

Individuals with diabetes will regularly visit their healthcare team according to a well-defined schedule, including a Family Medicine Specialist, Endocrinologist, Cardiologist, Ophthalmologist, Nephrologist, Dietician, and dentist to monitor their overall health and diabetic management



MEDICATION MANAGEMENT:

Adjusting and managing diabetes medications, including insulin therapy, oral medications, or other treatments, as needed to maintain optimal blood sugar control.



HEALTHY LIFESTYLE COUNSELING:

Education and guidance on maintaining a healthy diet, regular exercise, weight management, and stress management to support overall diabetes management.



ANNUAL SCREENINGS AND TESTS:

Regular screenings for complications of diabetes, such as eye exams, kidney function tests, cholesterol levels, blood pressure monitoring, and foot exams to detect and manage any potential issues early.

By participating in a yearly diabetic management program, individuals with diabetes can proactively manage their condition, reduce the risk of complications, and improve their overall quality of life.

MDMEDICINE Type 2 Diabetes Program

CONSULTATIONS

FAMILY MEDICINE	X	X	X	
NEPHROLOGY	X			
CARDIOLOGY	X			
OPHTHALMOLOGY	X	X		
ENDOCRINOLOGY	X	X		
DIETICIAN	X	X	X	X
DENTAL CHECKUP AND CLEANING	X			

LABORATORY

COMPLETE BLOOD COUNT	X	X		
CREATININE	X	X	X	
FASTING BLOOD GLUCOSE	X	X	X	
CALCIUM	X	X		
ELECTROLYTES	X	X	X	
HBATC	X	X	X	
BUN	X	X	X	
LIPID PANEL (Total Cholesterol, Triglycerides, LDL, HDL)	X	X		
SGPT	X	X		
SGOT	X	X		
GGT	X	X		
URIC ACID	X	X	X	
MICRO ALB / CREATININE RATIO (KIDNEY HEALTH)	X			
URINE ANALYSIS	X	X	X	

PROCEDURES

E.C.G.	X			
Chest X-Ray (AP and Lateral Views)	X			


Program
developed by



Program delivered
in Lebanon by




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