

Kickapoo Tribal Health Center HPDP/Diabetes Department

We offer the following services/classes in our department:

Diabetes Education Classes

Session 1

1st Tuesday of every month at 9:00 a.m. & 2:00 p.m.

Session 2 & 3

One-on-one appointments. You will schedule these at your convenience.

Session 4

4th Tuesday of every month at 9:00 a.m. & 2:00 p.m.

(If you have not received shoes in 2-3 years and want new shoes, you will need to complete all 4 sessions.)

Criteria for enrolling in classes:

1. Must have an active chart here at KTHC
2. Must see a provider here for your routine diabetes care
3. Must be current on labs, medications, & office visits

Hypertension Classes

Held quarterly on the 4th Thursday of the month. Come learn about factors that contribute to high blood pressure, how to lower your blood pressure, how to use an at home blood pressure monitor and some cooking tips for the DASH diet.

Next classes are held:

- May 23rd from 1:30 p.m.—4:30 p.m.
- August 22nd from 1:30 p.m.—4:30 p.m.
- November 21st from 1:30 p.m.—4:30 p.m.

Foot Care Clinic

The RN helps with toenail trims/thinning of thick nails and callus removal (light sanding/filing) for elders and those with health issues who may need help keeping toenails trimmed and feet healthy. Clinic times vary, please call for an appointment.



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McLoud, OK 74851



(405) 964-2081
Ext. 288, 330, or 265



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Individual Appointments

We are here to help you become healthier! Stop by and schedule an individual appointment if you wish to:

- Discuss individual **nutrition** needs with our registered dietician for any type of dietary need, i.e.-diabetes, weight loss, low sodium, low fat, low potassium, etc.
- Discuss individual **fitness** needs with our fitness specialist if you are considering a workout routine, activity for fun, a walking/toning program, or simply becoming a healthier you.
- Answer specific questions about your diabetes self-management.
- Have some guidance or education on insulin syringes, pens, on when and where to inject, as well as disposal of used needles.
- Trouble shoot your blood sugars and review your glucometer readings with an educator.
- We can also schedule you for diabetic related exams, foot, eye, or dental, as well as annual diabetes education.

(Please note: We do not have classes in July and December due to holidays and events. Classes may be cancelled due to low class census, unexpected closings, weather, clinic events, or absence of available diabetes educators. Please check your local weather station for any closings or weather related cancellations.)

Our number is (405) 964-2081, ext. 288, 330, or 265 if you wish to schedule any of the classes or appointments listed.

Ask about upcoming events we host!

We also hold different events throughout the year. Our Heart Walk is usually in February. Elder Olympics was a hit back in May. N.Y.P.D. and Kamp Kickapoo is fun for the kiddos during the summer. Our annual Health Fair is in October, and Diabetes Awareness month is November.

Check out our clinic website at www.okkthc.com.

