

Living Well with Diabetes



Do you want to:

- Improve your blood sugar and A1c levels?
- Keep your blood pressure on target?
- Better manage your cholesterol numbers?
- Save money on diabetes supplies?

THEN DIABETES EDUCATION CAN HELP!

LEARN TO MANAGE DIABETES WELL

Like many people, you may have a hard time managing diabetes. Diabetes educators provide specialized healthcare. They may include registered nurses, registered dietitians or pharmacists. A diabetes educator can help by working with you to design a plan. They have special knowledge and skills to support you and provide helpful tools.

DIABETES SELF-MANAGEMENT EDUCATION (DSME)

Learn how to better manage diabetes and complications that can happen when it is not well controlled. Then, you can be as healthy as possible. You will focus on healthy eating, being active, checking your blood sugar and taking your medicine. You will learn to problem solve, cope well and reduce your risks for problems.

DIABETES EDUCATION WORKS

Diabetes education can help you lower your blood sugar, blood pressure and cholesterol levels. It can teach you how to maintain a healthy weight and activity level. This can help you stay healthy and reduce your risk of health problems.

SEEK DIABETICS EDUCATION WHEN:

- You're diagnosed with diabetes.
- As part of your annual health check-up.
- You have new problems related to your diabetes.
- You have changes in your healthcare team or treatment.

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