

Living Well with Diabetes: Certified Diabetes Educator

To live well with diabetes, learn as much as you can. A Certified Diabetes Educator (CDE) can help.

A Certified Diabetes Educator (CDE)

- Is a healthcare professional such as a nurse or dietitian.
- Teaches people with diabetes how to manage their condition.
- Must work with people with diabetes for over 1,000 hours and pass an exam to become certified.
- Works in hospitals, doctor's offices, home health care, and other settings.
- May be found in a Diabetes Self-Management Education (DSME) Program.

Certified Diabetes Educators teach you how to:

- Read food labels
- Count carbohydrates
- Check blood sugar
- Find the best body weight for you
- Inject insulin
- Take diabetes medications properly
- Get rid of used lancets, syringes and pen needles safely
- Decide, with your doctor, a good target blood sugar
- Set goals based on your experience with diabetes

Ask your doctor to help find a Certified Diabetes Educator near you!

To learn more visit:

<http://www.dhhs.nh.gov/dphs/cdpc/diabetes/>

<http://nhdiabetes.org/>

<http://www.diabetes.org/>

<http://ndep.nih.gov/>

What people with diabetes in NH are saying about CDEs:

"I feel like my CDE is always there for me! It's so comforting to know she's there to support me and help me live a healthier life!"

"She (CDE) had all the current knowledge!"

