

Living Well with Diabetes: Diabetes Self-Management Education

Diabetes Self-Management Education (DSME) Programs provide education and support to help you manage your diabetes.

Diabetes Self-Management Education Programs

- Provide education one-on-one and in groups.
- Focus on your goals and life experiences with diabetes.
- Are led by a team that has experience working with people with diabetes.
- Provide ongoing support to manage your diabetes for life.

You will learn 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

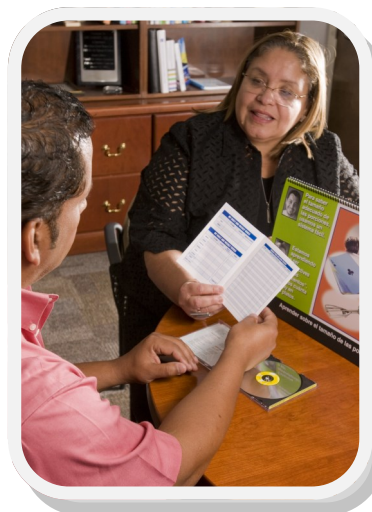


Photo courtesy of CDC Public Health Image Library

What people with diabetes in NH are saying about DSME Programs:

"It was a classroom environment just for me!"

"The (CDE's) support was the biggest thing."

Many insurance companies cover diabetes education.

[Ask your doctor about a referral to a Diabetes Education Program near you!](#)

For a map of Diabetes Self-Management Education Programs in New Hampshire visit: www.dhhs.state.nh.us/dphs/cdpc/diabetes/index.htm

To learn more visit:

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

<http://nhdiabetes.org/>

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

