



# Do you have obesity, prediabetes, diabetes or diabetes-related complications?

## A diabetes care and education specialist can help you sail smoothly into uncharted seas

### Help When You Need It Most

It's never a bad time to book an appointment with a diabetes care and education specialist, but there are a few times in your life when seeing one is extra important.

- 1 When you're diagnosed with diabetes.
- 2 At least once per year or when you are struggling to meet your care goals.
- 3 When new complicating factors arise.
- 4 During changes in your life and care.

Diabetes is a complex and challenging disease that requires daily self-management decisions. You may be working with your provider to achieve your diabetes care goals, but have you heard about diabetes self-management education and support (DSMES)?

Diabetes self-management education and support is covered by most insurance plans and gives you the knowledge, skills and support to manage your diabetes. It provides you with the foundation to help you navigate your daily self-care with confidence.

Diabetes self-management education and support is offered by a **diabetes care and education specialist**, an experienced healthcare professional such as a registered nurse, registered dietitian or pharmacist, among others. They will work with you to design a management plan tailored to your lifestyle, culture and beliefs. Best of all, they can help you cope with your emotions and the demands of managing a 24/7 disease.

## ADCES7 SELF-CARE BEHAVIORS

Diabetes care and education specialists use these 7 self-care behaviors to work with you to manage your diabetes and help you stay healthy.

### Healthy eating

Having diabetes doesn't mean you have to give up your favorite foods or stop eating in restaurants.

In fact, there is nothing you can't eat! But you need to know how foods you eat affect your blood sugar.

### Being active

Being active has many health benefits that impact your diabetes management like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood.

### Monitoring

Checking your blood sugar levels and other key health factors like blood pressure, kidney and foot health regularly gives you vital information to help you make decisions about your diabetes.

### Taking medication

Insulin, pills that lower your blood sugar, blood pressure medication, cholesterol-lowering medication, or a number of other medications may work together to lower your blood sugar levels, reduce your risk of complications and help you feel better.

### Problem solving

Everyone encounters problems with their diabetes management; you can't plan for every situation you may face. However, there are some problem-solving skills that can help you prepare for the unexpected -- and make a plan for dealing with similar problems in the future.

### Healthy coping

It's natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal and take steps to reduce the negative impact they can have on your self-care.

### Reducing risks

By understanding the risks, you can take steps now to lower your chance of diabetes-related complications.

## Diabetes self-management education and support works.

Studies show that diabetes education helps you lower your blood sugar, blood pressure and cholesterol levels. This helps you stay healthier and reduce the risk of diabetes complications.

## NEW SKILLS FOR NEW CHALLENGES

Diabetes is a disease that changes over time. With each change comes the need for new knowledge, skills and adjustments in your management plan. Being proactive when changes occur keeps you on track to maintain your emotional health. Diabetes care and education specialists help you navigate through the seas of uncertainty and help steer you in the right direction when it comes to making the many decisions affecting your daily life with diabetes.

## Increase Your Quality of Life

Diabetes self-management education and support is built on seven self-care behaviors. Learning about each of these behaviors can help you reach your health goals, and in turn, increase your quality of life. Together with your diabetes care and education specialist, you'll work through problems and determine possible solutions.

To see a diabetes care and education specialist today, call

For more information on what a diabetes care and education specialist can do for you, visit **[DiabetesEducator.org/DCEShelp](https://DiabetesEducator.org/DCEShelp)**.