



dance out diabetes

Diabetes in Real Life

Back to School: Six Signs That You Should Visit Your CDE

Diabetes education is not just for “beginners.” Treatment and technology are always advancing, while our lives are constantly changing. Through it all, your certified diabetes educator (CDE) is there to help you stay smart about your diabetes care. Review this checklist; if any of these signs apply to you, it may be time for a visit with your CDE.

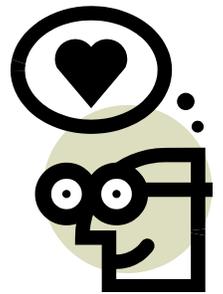
You don't feel good.

If your blood sugar is chronically high, or if you are having a lot of lows, you're probably not feeling your best. A refresher course from your diabetes educator can help you get back on track with blood sugar testing, healthy eating, and other important diabetes care skills.



You want someone else to get

smarter. Perhaps you are in a new relationship or you'd like your spouse or significant other to play a bigger part in your diabetes life. Going to a diabetes class together is a great way to help your loved one understand you a little bit better and learn how to support you.



You are frustrated.

You may feel like you're doing a lot for your diabetes and seeing few results in return. Or you may just be burnt out on diabetes in general. Your CDE is like a personal trainer for your diabetes. Together, you can figure out what isn't working to get back on track and achieve your goals.

You are planning for the future.

If you are planning to make a significant change in your life, now's the time to see your CDE. The plans may be health related (e.g., pregnancy) or lifestyle changes (e.g., new career, new home). Either way, your CDE can help you prepare for what's ahead and troubleshoot any problems that crop up along the way.



You have no idea what CGM means.

Diabetes technology changes fast. Newer glucose meters are faster and require less blood for testing. Meters and insulin pumps can communicate wirelessly to make your care easier. And CGM (continuous glucose monitoring) can help some people manage their diabetes better. Your CDE can bring you up to speed on the latest tools and treatment options so that you can talk to your doctor about what's right for you.



You have had a big life change.

A death in the family, a new health condition, or other sudden life changes can affect how you take care of yourself. Even “good” changes, like a promotion at work, can be stressful (and raise your blood sugar). If something has recently changed in your life and you've had problems staying on top of your diabetes control as a result, give your CDE a call. He or she is there to help.