



We are looking forward to seeing you!

Appointment date and time:

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Appointment location:

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Educator:

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Please bring:

- ▶ Questions about diabetes or diabetes care
- ▶ Your support person, if you wish
- ▶ Your glucose meter if you have one



# Diabetes Self-Management Education



## What can a diabetes educator do for you?

Diabetes educators are licensed healthcare professionals who specialize in helping people with diabetes improve their health. They provide counseling, support and education that helps prevent acute complications and reduce the risk of long-term complications. The services diabetes educators provide are called Diabetes Self-Management Education (DSME).

## Is DSME right for you?

There are several critical times that DSME is essential to preserving and improving the health of people with diabetes:

- ▶ At diagnosis: If you have diabetes and have never had DSME, you would benefit from learning about how to best manage your condition.
- ▶ Annually: Yearly DSME supports your efforts to continue to make changes that support good glucose control and cope with the ongoing burden of diabetes.
- ▶ Whenever you get offtrack: Diabetes educators can help you come up with an individualized plan of care that takes into account your unique situation.
- ▶ Whenever big changes happen: Diabetes educators can help a family going through major changes to maintain both quality of life and good diabetes care.

## Patient testimonials:

"I was in denial that I even had diabetes. I didn't think that there was anything for me to learn. But then I came to my appointment and took a class, too. It is a great program. I learned so much and was even able to come off my insulin because of the changes they taught me to make." —Roy H.

"This is a great class for the beginning of your diabetic journey and for those that have had it for years. I wish I would have had this kind of help years ago. I really didn't think I would learn as much as I did." —Lisa G.

## Description of services:

When you come in for your appointment with a Certified Diabetes Educator (CDE), they will talk to you about how your current habits are affecting your blood sugar and other factors that influence your overall health. From there, the two of you will make a plan to start making improvements. This could include the recommendation to attend our accredited diabetes class and/or follow up with a registered dietitian.

## Results:

The average reduction in A1C for people who complete DSME is 1 percent. Some may even see their A1C decrease by more. On average, through changes made, DSME participants lose about six pounds in the three months after they complete diabetes education. Patients have reported increased energy, feeling better overall and an increase in their ability to manage their diabetes.

## Locations

Weight Loss & Wellness Center	319 E. Madison St., Springfield, IL 62701	217-788-3948
Abraham Lincoln Memorial Hospital	200 Stallhut Dr., Lincoln, IL 62656	217-605-5536
Passavant Area Hospital	1600 W. Walnut, Jacksonville, IL 62650	217-479-5511
Taylorville Memorial Hospital	201 E. Pleasant St., Taylorville, IL 62568	217-824-1840