



Your Diabetes Care Team – Diabetes Educator

What is a diabetes educator?

A diabetes educator is a healthcare professional – including Registered Nurses (RNs), Registered Dietitians (RDs), pharmacists, exercise physiologists and others – who focuses on helping people with diabetes to understand and to manage diabetes. Many diabetes educators have also earned the Certified Diabetes Educator (CDE) credential, demonstrating that they are experts in diabetes self-management education.

How can a diabetes educator help you?

A diabetes educator can help you achieve glycemic control, improve quality of life and reduce risks of complications by assisting you in developing healthy behaviors. Diabetes education may focus on the following areas:

- incorporating healthy eating and physical activities into your life
- monitoring blood glucose
- using medications effectively and safely
- solving problems, including low blood glucose treatment and sick day management
- reducing risks of complications
- coping strategies

When should you see a diabetes educator?

It is helpful to see a diabetes educator when you are:

- newly diagnosed with diabetes or pre-diabetes
- having problems in managing your blood glucose within your target goal
- having questions on diabetes or diabetes care
- seeking ongoing diabetes management

How to find a diabetes educator near you?

You can find a diabetes educator at Joslin Diabetes Center. You can also find one at the American Association of Diabetes Educators website: www.diabeteseducator.org

