

Living In Balance Summer 2012

Fond du Lac Human Services Diabetes Newsletter



Schedule An Appointment With One Of Our CDE's

Fond du Lac Human Services has 3 Certified Diabetes Educators:

- Jennifer Hall is a Registered Dietitian and Certified Diabetes Educator.
- Lynne Kosmach is a Nurse Practitioner and Certified Diabetes Educator.
- Mary Jo Koszarek is a Nurse Practitioner and Certified Diabetes Educator.

Diabetes Education Appointments are available at both Min No Aya Win or The Center for American Indian Resources. For appointments at MNAW call 218-878-2190. For appointments at CAIR call 218-726-1370. We recommend a diabetes education appointment at least once a year.

What is a CDE®?

A Certified Diabetes Educator® (CDE®) is a health care professional who has comprehensive knowledge of and experience in diabetes management, pre-diabetes, and diabetes prevention.

What does a CDE® do?

A CDE® educates and supports people affected by diabetes to understand and manage the condition. A CDE® promotes self management to achieve individualized behavioral and treatment goals that optimize health outcomes. CDEs® have passed a rigorous exam to show they have the knowledge to provide the education patients need to manage their conditions.

How can a CDE® help me?

Diabetes impacts a person at home, work, and school and effects many different areas of their life—diet, lifestyle, health, etc. Successful self-management involves knowledge about a broad range of topics such as nutrition, medication, exercise and coping skills. It's not easy to gain all of the necessary knowledge without help. This is where your CDE® comes in.

I see my provider, isn't that enough?

Diabetes self-management education is a collaborative process involving you and other healthcare professionals such as nurses, dietitians, pharmacists, clinical psychologists, optometrists, physical therapists, podiatrists, clinical exercise specialists, or physician assistants. Consulting with a diabetes educator who is also a CDE® may lead to better control. They educate both you and your family on how to manage and improve your health.

I have just been diagnosed and have a referral to see a CDE®. What can I expect now?

The process can vary from person to person. Generally speaking, once you get a referral from your provider you will spend some one-on-one time with your CDE® for an assessment and basic education. You may then be referred to group classes, or additional individual sessions based on your needs, where you will learn about skills to manage the disease in a variety of areas (diet, exercise, medication, problem solving, reducing risks, monitoring, coping, etc.). You will also schedule follow-up visits as needed.

How does someone become a CDE®?

Diabetes educators are healthcare professionals who must meet strict requirements before they are eligible to take the CDE® exam. These requirements are related to the individual's experience as a healthcare professional and as a diabetes educator as well as their education. Eligible educators must then take and pass a 175-question exam that covers the different areas related to managing the disease to earn their CDE® credential. They are also required to renew the credential every five years. Renewal