

# What is a Credentialed Diabetes Educator?

A Credentialed Diabetes Educator (CDE) is a healthcare professional who specialises in supporting people living with diabetes. They will provide you with the advice and education you need to manage your diabetes with confidence.



## How can a Credentialed Diabetes Educator help you?

Your CDE will teach you about diabetes and help you monitor and manage your blood glucose levels. They can help with all types of diabetes, including type 1 diabetes, type 2 diabetes, and gestational diabetes.

A CDE will advise you and support you in making lifestyle changes. They will also inform you about other health problems you may be at risk of because of your diabetes and let you know how you can prevent these problems.

Another thing a CDE will do for you is to show you how and when to use medications if you need them. For example, you may need insulin therapy.

Additionally, your CDE will help you access subsidised products and services you may need to manage your diabetes through the National Diabetes Services Scheme (NDSS). Above all, your CDE will help you set and work with you to reach your health goals.

