



# YOU CAN THRIVE WITH DIABETES

## Do you want to:

- \_\_\_ Improve your glucose and A1c levels?
- \_\_\_ Keep your blood pressure on target?
- \_\_\_ Better manage your cholesterol numbers?
- \_\_\_ Save money on diabetes supplies?

## Then Diabetes Self-Management Education and Support (DSMES) can help!

**DSMES will help you learn how to manage your diabetes** and be as healthy as possible by focusing on seven self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks.

**Diabetes care and education specialists are experienced healthcare professionals**—such as registered nurses, registered dietitians or pharmacists—who have special knowledge and skills to help you successfully manage all aspects of your diabetes. Like many people with diabetes, you may find managing the disease is difficult. That's where a diabetes care and education specialist can help, by working with you to design a specific plan that includes the tools and support you need.

**DSMES works.** Studies show that DSMES helps people lower their glucose levels, blood pressure and cholesterol levels. These things help you stay healthier and reduce the risk of diabetes complications.



## The best times for DSMES are:

1. When you're diagnosed with diabetes
2. As part of your annual assessment of education, nutrition or emotional issues
3. When new complications arise
4. During changes in your healthcare team or treat me

**Find an accredited DSMES program in your area:**  
[adces.org/program-finder](https://adces.org/program-finder)

