

## Certified Diabetes Care & Education Specialist (CDCES)

CDCES's are healthcare professionals who are specialized and certified to teach you how to manage diabetes. Look for the initials CDCES. This means the practitioner:

- Is a registered nurse (RN), registered dietitian (RD), physician or pharmacist.
- Has completed additional education and has years of practical experience in diabetes education and care.
- Passed a national exam.
- Maintains continuing education hours.

## Reasons to consult a Certified Diabetes Care & Education Specialist (CDCES):

1. No previous education or none in past two years.
2. You are newly diagnosed with diabetes.
3. Your A1C is greater than 7.0%.
4. Your fasting blood sugar is frequently over 130 or your after-meal blood sugar is frequently over 200.
5. You are experiencing frequent low blood sugars.
6. You feel frustrated that you are doing all the right things and are still not achieving your blood sugar goals.
7. You are using or interested in learning about an insulin pump.
8. You are starting on insulin or other injectable medication for diabetes.
9. You have trouble fitting diabetes self-management into your daily routine.
10. You do not have a regular schedule and find it difficult fitting in time for diabetes.
11. You would like to take control of diabetes and not let it control you.

## Diabetes Education Locations



### WATSON CLINIC MAIN

1600 Lakeland Hills Blvd. Lakeland, FL 33805



### WATSON CLINIC BARTOW BUILDING A

2250 Osprey Blvd., Suite 100, Bartow, FL 33830

## Information & Appointments

For additional Diabetes information, please call **863-680-7376** or **863-680-7293**.

To schedule an appointment, please call your **Watson Clinic provider** for a referral.

## WATSON CLINIC Diabetes Education



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



## WATSON CLINIC Diabetes Education



# Take *Control* of your Diabetes



WatsonClinic.com/Diabetes



**Today, managing your diabetes can be easier than ever. Here at Watson Clinic, we are committed to working with individuals and their families to focus on their physical, emotional, and educational needs. Our Certified Diabetes Care and Education Specialists help you understand how to manage your blood sugars and utilize available tools more effectively. Our goal is to provide you the information, skills, and support you need to become confident in the daily management of your diabetes.**

## Benefits of Diabetes Education:

- Taught by Certified Diabetes Care and Education Specialists.
- Learn how to fit your favorite foods/dining out into your meal plan.
- Trouble-shoot causes of high and low blood sugars.
- Understand diabetes medications and how they work in your body.
- Learn how to manage your stress the healthy way.
- Learn how to reduce risk of long-term complications.
- Tips on how to increase physical activity.
- Learn about new devices/technology.
- Learn to use your blood sugar meter or continuous glucose sensor properly.

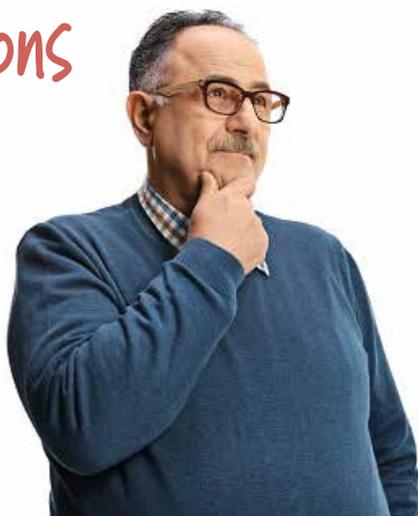
## Questions

*Why is my blood sugar high when I wake up?*

*Are my meds working like they should?*

*Do I have to give up the foods I love?*

*How can I lower my A1C?*



## Group Education

Group education sessions are delivered in two parts.

### Diabetes 101 (only at Main location)

- Fundamentals of diabetes self-management

### Diabetes 102 (only at Main location)

- Beyond the basics
- Developing a personalized plan to manage diabetes



## Individual Education Appointments

(available at Main and Bartow locations)

Topics include injection training, insulin management, gestational diabetes, carbohydrate counting, and weight management.

These sessions with both an RN and RD can be for anyone needing individualized assistance with any aspect of diabetes care. (Can accommodate patients with vision, hearing or language barriers as well.)

*\*Follow up education is available as needed to help you meet your ongoing needs; recommended at least every 1-2 years.*

## Assistance with:

### Continuous Glucose Monitoring

- Can help anyone with pre-diabetes, diabetes, or gestational diabetes understand the fluctuations in blood sugar
- Helps you see the cause and effects of your daily choices
- Results can be used by your healthcare provider to fine-tune your diabetes care plan
- Can help lower your A1c and reduce your risk of complications



### Insulin Pump Therapy

- Learn advanced pump features
- Review pump summary history for optimization of pump settings
- Trouble-shoot problems or areas of concern



**You must be a Watson Clinic patient to participate. Diabetes education is covered by Medicare and most commercial insurances. To schedule an appointment with a Certified Diabetes Care and Education Specialist, ask your primary care physician for a referral.**