**How Diabetes Education Helps Patients**

While you manage your patients’ care, diabetes educators can empower them to manage their diabetes. They teach, coach and guide patients so they understand their diabetes and how it affects their personal lives, and work with them to set (and meet) behavior change goals to improve their health.

Diabetes care and education specialists are licensed healthcare professionals – registered nurses, registered dietitians and pharmacists, among others – who receive special training in:

* biology
* social sciences
* communication
* counseling
* education

Diabetes care and education specialists help people with diabetes:

* Learn basic information about diabetes and its management
* Understand how to use diabetes devices, such as blood glucose meters, insulin pens, insulin pumps and continuous glucose monitors
* Adopt healthy eating habits through nutrition education, including meal-planning, weight-loss strategies and other disease-specific nutrition counseling
* Develop problem-solving strategies and skills to self-manage diabetes
* Monitor blood glucose and learn how to interpret and appropriately respond to the results
* Understand how their medications work, including their action, side effects, efficacy, toxicity, prescribed dosage and more
* Develop skills for handling stressful situations