

Diabetic Education

Discover a journey towards diabetes well-being with our expert. Gain essential diabetes-related knowledge, skills, and confidence. Learn to make informed decisions, solve challenges, set personal goals, and manage emotions and life's demands.

Research highlights the power of education

Studies reveal that individuals spending over 10 hours in Diabetes Self-Management Education and Support (DSMES) within 6-12 months, or participating regularly, experience noteworthy benefits. Reduced mortality rates and improved A1C levels were observed among those engaged with a Certified Diabetes Care and Education Specialist, compared to those with limited interaction.

Topics covered

- Diabetes understanding
- Healthy eating
- Active lifestyle
- Medication insights
- Glucose monitoring
- Complication management
- Coping strategies
- Support for diabetes distress

Key Times to See Our Certified Diabetes Care and Education Specialist (CDCES):

- Diagnosis
- Annually
- Complications arise
- Care transitions



Angela Schultz, RN-BSN, CDCES

Diabetes Educator

Make an appointment today

MSU Health Care Family Medicine | Clinical Center First Floor
804 Service Road, Suite A110, East Lansing, MI 48823
517-353-5289 | healthcare.msu.edu