

## Credentialed Diabetes Educators™ – The go-to diabetes health professional

Credentialed Diabetes Educators (CDE) work with people with diabetes to help them to find solutions to their diabetes care challenges. As a specialist in diabetes care and education, CDEs focus their energies on helping people with diabetes to stay on track to good health.

**Take the quiz below to see if you will benefit from seeing a CDE.**

<b>Quiz questions</b> (Read the question. Answer yes or no with a ✓.)	<b>Yes</b>	<b>No</b>
1. Do you get low or high blood glucose levels and don't know what to do to get them back on track?		
2. Are you struggling to eat a healthy diet, exercise and get your stress under control?		
3. Do you check your blood glucose levels but don't know what the numbers mean or what to do to change them?		
4. Do you get confused about what you can do to look after your diabetes?		
5. Do you feel sad or overwhelmed about your diabetes, its care and impact on your health at times?		
6. Do you have type 2 diabetes, don't use insulin and need a NDSS form signed to get 6 months' supply of blood glucose test strips?		
7. Have you had your diabetes equipment (e.g. meter, insulin pen device, needles, etc.) for more than 2 years?		

Did you answer yes to any quiz questions? Then make an appointment with Jayne Lehmann, a Credentialed Diabetes Educator focussed on getting you back on track for better diabetes health and wellbeing.

**Book an appointment: Phone 0412 102 048 or email [jayne@edhealth.com.au](mailto:jayne@edhealth.com.au)**