



# Diabetes Education

Do you know your **HBA1c** and what it is?

Is your diabetes in a **safe place**?

A **diabetes educator** will help you learn what diabetes is and how you can **manage it**.

## What can the diabetes educator help with?

- Keeping your diabetes in a safe place
- Helping you set targets for good health
- Healthy eating and physical activity
- Checking that your meter is working properly
- What health check-ups you need
- What causes your blood sugar to be high, and what to do if it happens
- What to do if your blood sugar is too low
- What to do when you are sick
- How your diabetes medications work
- Injection techniques and updates
- Driving requirements.

## How can I see the diabetes educator?

If you have diabetes you should see the diabetes educator once a year as part of your diabetes care plan.

If you've had your health check or have a GP management plan you can ask the doctor for a referral to see the diabetes educator.

## What will happen when I see the diabetes educator?

The diabetes educator will work with you to help you feel better about your diabetes and reduce your risk of getting diabetes related problems.

They understand that having diabetes can sometimes be hard and they will help you to make your own choices about what works best for you. They can answer questions you might have about your treatment and how activities or other illnesses can affect you.

## Your local clinic:



For more information visit [www.iuih.org.au](http://www.iuih.org.au)

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