

## Diabetes LifeCare Center

# Diabetes Self-Management Education Program

The Diabetes LifeCare Center Diabetes Self-Management Education (DSME) program is a nine-hour course conducted over three days designed to help you understand and manage your disease so you can live a longer, healthier life.

This program is recognized by the American Diabetes Association and meets the national standards of diabetes self-management education. The classes are led by registered nurses or dietitians who are certified diabetes educators.

### Program topics:

- Acute and chronic complications
- Diabetes disease process
- Exercise and activity
- Glucose monitoring
- Lifestyle changes
- Medications
- Nutritional management

*For more information, or to register, please ask your physician for a referral or call 860.545.3526.*



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According to the American Diabetes Association, DSME has been shown to be a critical component of diabetes treatment and is the cornerstone of care for all individuals with diabetes who want to achieve successful health-related outcomes. Research has shown that patients who never received diabetes education showed a striking four-fold increased risk of a major complication.

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