

Improving your diabetes knowledge Information Prescription

Managing your diabetes can be challenging. Improving your knowledge of diabetes puts you in control and could transform your life. Attending a diabetes education program (sometimes called structured education) is a tried and tested way to gain knowledge to help reduce your risk of complications.

Why is learning about diabetes important?

Diabetes is serious. Understanding how diabetes affects your body and the treatments available is important. Even though you may feel fine today, it is important to understand how to live well with diabetes now, so you continue to feel well in the future. A diabetes education program is part of your treatment and is a key part of the care you should receive.



What will I learn from a diabetes program?

Diabetes programs cover topics to help you understand your diabetes better. They can be great places to meet other people and have your questions answered. A diabetes program would be positive part of your treatment and is a key part of the care you receive.

You can learn about:

- tools to manage your diabetes
- food choices and how to be more active
- medication
- how to reduce your risk of diabetes-related complications
- making the most of your diabetes appointments and getting the right checks (such as HbA1c).

How will a program help me?

Completing a diabetes program can have many benefits:

- Improve your blood glucose levels.
- Improve your overall health, giving you more energy.
- Feel more confident about managing your diabetes and talking to others about it.
- Learn new skills, such as carbohydrate counting.
- Live a happier, healthier, life with diabetes.

How do I find out more?

- Visit the NDSS website ndss.com.au.
- Talk to your health care team or your state or territory diabetes organisation about what is available in your local area to grow your knowledge.

Taking time off work to attend a program

- Get more information about your rights at work diabetesaustralia.com.au/work.
- Contact your local diabetes support group to talk to others who have completed a diabetes education program.
- Go to the NDSS website for free online learning including Type 2 diabetes and me ndss.com.au/type-2-diabetes-and-me-online-course.
- Join the free online program, MyDESMOND ndss.com.au/mydesmond.

Information about programs near me

My next steps

Discuss with your diabetes health care team two actions you are going to focus on (think about what, where, when and how):

1 _____

2 _____

Name: _____ Health professional: _____ Review date: _____