

**Living Well With Diabetes:
Certified Diabetes Educators (CDE) and You!**

**With the help of a CDE you can
*live well with diabetes***

**Brought to you by the NH Department of Health and Human Services,
Division of Public Health Services**

**Meet Paul Pratt, a former type two diabetic who has been seeing a CDE for the
past five years.**

Paul Pratt: I was diagnosed approximately 12 years ago, that was through the VA, and it was quite a shock. I never really thought that I would have diabetes.

**After his diagnosis, Paul was prescribed oral anti-diabetics. Despite this his
sugars kept climbing. That's when a CDE came into his life.**

Paul Pratt: And as the years passed it didn't seem to help, my sugars still kept climbing. Also, diet control really wasn't something I focused on either and I really didn't have a good perspective of what diabetes was until I was actually given a point of contact, a diabetes educator or a class. She was my go-to person and she was very key to everything that transpired at the VA Hospital. She made the connections between me and my doctor. Every time I'd go in for my endocrinology appointments she would be there, the person from the pump clinic would be there for my insulin, the pharmacy person would be there. It was basically a classroom environment but it was just for me. It was very important that everyone was on the same page. She (the CDE) was really the one person I could talk to with confidence and get answers with confidence back. Sometimes, when you meet with the doctor, you kind of feel intimidated whereas she, I felt she had more knowledge as being a diabetes educator that she had all the current information so she really took the time to explain everything. I was able to bring my wife and my kids once in a while so they would get an idea of what I was going through, what I could eat and what I couldn't eat, and (be) my support, and support is the biggest thing.

**Brenda Demaria, an RN and CDE in the state of NH, knows first hand the benefits
of having support and education pertaining to diabetes.**

Brenda Demaria, RN, BSN, CDE: I think the benefit of using a diabetic educator is that the patient will receive accurate information. Generally speaking, someone will work with you. We consider the patient and the nurse or the diabetic educator to be a team. We try to focus on goals together and try to achieve whatever that person can achieve. I try to be supportive. Whatever they accomplish, I'm proud of them for accomplishing that.

Brenda recalls a patient that made her exceptionally proud by overcoming a lot of adversities due to her diabetes

Brenda Demaria, RN, BSN, CDE: I have a lot of people that I feel have really benefited from the diabetic education. One story in particular, I was seeing a person who her hemoglobin A1c was over 13.

A normal Hemoglobin A1C is 7%

Brenda Demaria, RN, BSN, CDE: I was able to work with her caregiver and teach him to count carbs, read labels, and we were able to do a carb-to-insulin ratio with a correction factor and he does this every meal for her and over the period of less than a year her hemoglobin A1c was down around 7 or just a little above 7 and she actually has stayed in that range now for several years. She is a much happier person, her complications have slowed down, she hasn't had anything serious in the past few years, so I'm very excited that this worked out as well as it did. I would encourage anyone with diabetes to have some sort of formal education with a certified diabetes educator. I believe that all diabetics can be living well with diabetes.