



WHEN IS A GOOD TIME TO REFER TO A CDE?

Credentialed Diabetes Educators (CDE's) are specialists in diabetes.

PRE-DIABETES

Anyone with a HBA1c between 6.0 – 6.5%, should be referred to a CDE to provide education and support to assist clients in not developing T2DM.

NEWLY DIAGNOSED

Anyone who is newly diagnosed should be referred to a CDE whether they are commenced on medication or not. It's important for clients to have a full understanding of their condition and how to manage / prevent progression and future complications.

PREGNANCY PLANNING

Any women who have Type 1 or Type 2 diabetes and are planning to fall pregnant in the next 12-24mths should be referred to a CDE. Having their diabetes managed well before pregnancy leads to healthier outcomes for both mother and baby. These women should also be referred to a dietitian at this stage.

PCOS (POLYCYSTIC OVARIAN SYNDROME)

Any women who have been diagnosed with PCOS should be referred to a CDE to help them understand the relationship between the two conditions and provide extra care.

TYPE 1 AND 2 DIABETES

The evidence shows that the best health outcomes come when people with diabetes are informed and empowered in self-management of their diabetes, in partnership with their multidisciplinary healthcare team. Evidence shows that structured patient education can stabilise blood glucose levels, reduce the risk of diabetes related complications, improve quality of life for people with diabetes and their families, and reduce health care costs.

GESTATIONAL DIABETES

Women who are diagnosed with GDM should be referred to a Diabetes Educator and Dietitian to receive education on; What is Gestational Diabetes and how to manage their condition. Referral to our Dietitian will help women to understand what food is optimal for their health and the health of their baby.

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