Reasons to see a Certified Diabetes Educator

1. You are newly diagnosed with diabetes
2. You are starting on insulin or other injectable medication for diabetes
3. You are using or interested in learning about an insulin pump
4. Your A1C is greater than 7.0%
5. Your fasting blood sugar is often greater than 120 or your after meal blood sugars are often greater than 160
6. You are experiencing frequent low blood sugars
7. You feel frustrated that you are doing all the right things and are still not achieving your blood sugar goals
8. You would like an update on the latest information and technology
9. You do not have a regular schedule and find it difficult fitting in time for diabetes
10. You would like to take control of diabetes and not let it control you!

Certified Diabetes Educators (CDE)

CDE’s are healthcare professionals who are specialized and certified to teach you how to manage diabetes. Look for the initials CDE. This means the practitioner:

• Is a registered nurse, registered dietitian, physician or pharmacist
• Has completed additional education and has years of practical experience in diabetes education and care
• Passed a national exam
• Maintains continuing education hours

For additional Diabetes information, please call 863-680-7376 or 863-680-7293.

To schedule an appointment, please call your Watson Clinic primary care physician.

Diabetes Education Locations

Watson Clinic Main
1600 Lakeland Hills Blvd.
Lakeland, FL 33805

Watson Clinic Bartow
2250 Osprey Blvd. Suite 100
Bartow, FL 33830

Take Control of your Diabetes
A diagnosis of diabetes can be difficult to deal with. Today, managing your diabetes can be easier than ever. At Watson Clinic, we are committed to working with individuals and families to focus on their physical, emotional and educational needs. Patients learn about healthy eating, physical activity, medications, monitoring, problem solving, healthy coping, reducing risks of complication and stress management. Our goal is to provide you with information, skills and the support you need to become confident in the daily management of your diabetes.

Services Provided

**Diabetes 101 Group Education**
- Basics of diabetes management for people newly diagnosed with diabetes, pre-diabetes or who have never had previous education.

**Diabetes 102 Group Education**
- Comprehensive diabetes self-management education to develop a personalized plan to take control of diabetes.

*Note: Most patients need both 101 and 102 group education.*

**Individual Appointments with Certified Diabetes Educators**
- Individual appointments are available with a nurse (RN) and/or dietitian (RD) for instruction on injection training, insulin management, gestational diabetes, carbohydrate counting, individualized meal plans, weight management and for patients that have vision, hearing or language issues.

**Free Community Diabetes Support Group**
- Sponsored by Watson Clinic and Lakeland Regional Medical Center.
- Meets monthly (Oct. thru May). Call 863-680-7376 for more information and registration.

**Blood Sugar Monitoring Assistance**
- Learn or review how to use your blood sugar meter. Technical support for questions or problems.
- Held the first Thursday of the month at 1 pm. Please check in at the 2 East desk at Watson Clinic Main.

**Watson Clinic Diabetes Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education***.

**Continuous Glucose Monitoring**
- For patients wanting to aggressively manage blood sugar.
- A device that can be worn for 7-14 days to record the blood sugar every five minutes.
- Results can be used by your healthcare provider to fine-tune your diabetes care plan, help lower your A1C and reduce your risk of complications.

**Insulin Pump Patient Support**
- Individual appointments are available to help you learn more about advanced pump features and therapy.
- Ability to download pumps to optimize glucose control.

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You must be a Watson Clinic patient to participate in diabetes education. Diabetes education is covered by Medicare and most commercial insurances. For an appointment, please call your Watson Clinic physician.