



Did you know that you can schedule an individualized outpatient appointment with one of our Certified Diabetes Educators?

One on one education is provided by our Registered Nurse CDEs and Registered Dietitian CDEs. Each session is one hour of consultation that is individualized for your diabetes management. This is YOUR hour. Bring the whole family if you like!

Typical topics covered during your appointment:

- Revised meal and/or insulin plans to match your appetite and lifestyle.
- Refining carb counting skills.
- Learning more about your medications and how they work.
- Switching from one therapy to another (insulin pens, insulin pumps).
- Athletes and sports nutrition/discuss strategies for managing blood sugars for activity.
- Transitioning from parent-directed to self-directed care (teens).
- New meal and snack ideas. Creative lunch box ideas!
- Supporting positive body image/discussing disordered eating.
- Balancing a gluten-free meal plan if you have celiac disease.
- Phytochemicals and your local farmer's market.
- Fact vs. Fiction: Understanding fad diets.

Appointments are available with English and Spanish educators. Physician referral is required for some appointments. Discuss with your provider today! Annual diabetes self-management education is recommended by the American Diabetes Association.

Schedule at check-out or call Central Scheduling at (858) 576-1700 ext. 5999