

# Diabetes Self-Management Education & Support (DSMES)



**DSMES is provided by Diabetes Care and Education Specialists** who offer an evidence-based foundation to empower people with diabetes to navigate self-management decisions and activities.

DSMES is a cost-effective tool proven to help improve health behaviors and outcomes for people with diabetes.

## How People with Diabetes Benefit from DSMES:

- Gain an understanding of diabetes and how it impacts overall health
- Learn tools to improve hemoglobin A1c
- Learn tools to manage blood pressure and cholesterol
- Higher rates of medication adherence
- Fewer or less severe diabetes-related complications
- Healthier lifestyle behaviors
- Enhanced self-efficacy
- Decreased health costs



St. Mary's Health



Clearwater Valley  
Health

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## Topics (Self-Care Behaviors)

DSMES is tailored to individual needs, goals, and life experiences of participants and can focus on increasing understanding of diabetes and diabetes treatment through 7 topics:

- Healthy eating
- Physical activity
- Taking medication
- Monitoring
- Reducing risk for other health problems
- Learning to cope with stress, depression, and other concerns
- Problem Solving

## 4 Times to Consider DSMES

- At diagnosis
- Yearly follow-up with PCP or when not meeting health goals
- When health complications or new challenges arise
- When changes in care occur

**For more info:**

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