Nutritionist and Certified Diabetes Educator

Nutritionist

A nutritionist is someone who helps people make healthy food choices and follow a diet their doctor has prescribed. The nutritionist explains to patients how food choices can affect their health and creates food plans for them to follow. Healthy eating is important for everyone!

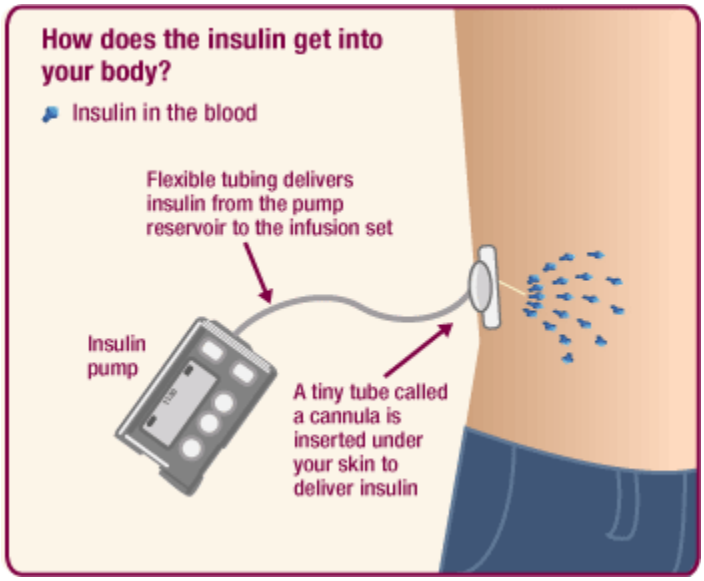
Certified Diabetes Educator

A Certified Diabetes Educator (CDE) is a kind of teacher who teaches patients and family members about diabetes. The CDE explains why it is important to work hard to manage diabetes carefully and how to make choices that will help the patient live a long, healthy life. The CDE helps the patient create a food plan and an exercise plan that the patient can stick to!

In a busy hospital, sometimes people wear two hats! Many Dieticians or Nutritionists - people who teach patients how to follow a diet that is healthy for them - are also Certified Diabetes Educators (CDE's). Diabetes is a disease that requires many lifestyle changes that can be difficult for patients. When patients understand how to manage their diabetes and learn to follow a healthy diet, they can avoid many of the complications that can come from this deadly disease. A CDE can show a person with diabetes the pathway to a healthier life!

Technology Spotlight

Many people with Type I diabetes wear an insulin pump to push insulin into their bodies. Insulin is a hormone that allows the body to move sugar from the blood stream into hungry cells, where it can be used as food. An insulin pump allows the wearer to give their body the exact amount of insulin it needs at any time. The pump is very complex and requires a lot of training to use. A CDE can help the diabetes patient understand how to use their pump so they can lead a more normal life.



The insulin pump shown here has a computer chip inside it to regulate all its functions. Can you think of some other technologies that also use computer chips to help them run?