

Diabetes and Allied Health

Health Professionals and your health

Dietitians

Dietitians are experts in food and nutrition. They can create personalised meal plans to help you manage your blood sugar levels, lose weight if needed, and maintain a healthy diet overall.

These professionals design safe and effective exercise programs for people with diabetes. Exercise is crucial for managing blood sugar levels and overall health, and an exercise physiologist can help you create a plan that fits your needs and abilities.

Exercise physiology

Podiatrists

Diabetes can affect the feet, so regular podiatric care is essential. Podiatrists can assess your feet for any problems, provide foot care advice, and treat diabetic foot ulcers to prevent complications.

Depending on your specific needs, other allied health professionals might also be involved in your diabetes care. These could include:

- **Occupational Therapists:** They can help you adapt to any limitations caused by diabetes and ensure you can manage daily activities safely.
- **Psychologists:** They can provide support for emotional challenges that can sometimes arise when living with a chronic condition like diabetes

Other professionals

Diabetes Educator

These are nurses or other healthcare professionals with specialized training in diabetes education and management. They can provide education on various aspects of diabetes, including:

- Understanding how diabetes works
- Monitoring blood sugar levels
- Medication management
- Healthy eating for diabetes
- Physical activity and exercise
- Preventing complications

By working with a team of allied health professionals alongside your doctor, you can gain the knowledge, skills, and support you need to effectively manage your diabetes and live a healthy life.