

# Diabetes Detective

Improve your diabetes management in real time



## A personalised service with Australia's leading credentialed diabetes educator

The Family Centre's dietitian and credentialed diabetes educator, Amy Rush, is your personal diabetes detective, investigating the clues and solving your diabetes dilemmas in real time. Sharing your CGM data, Amy will contact you at agreed times via phone or message during the day/evening to discuss your data, make adjustments and help you to manage your diabetes puzzles, including:

- Fine tuning your basal insulin
- Assessing your carbohydrate and insulin sensitivity ratios
- Explaining how foods affect blood glucose and how to adjust your insulin to better manage a meal
- Managing insulin around your sport or physical activities

This highly individualised program is tailored to suit YOU and your personal preferences. Contact the Family Centre today and book your diabetes detective program.

**Amy Rush**  
Jan Baldwin National  
**CDE OF THE YEAR 2018**

Use your  
own CGM  
or loan ours



**"This has been a life changing experience"**

- Female with type 1, Age 26

**Bookings** [bit.ly/BookAmy](https://bit.ly/BookAmy)  
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**TYPE 1 DIABETES  
FAMILY CENTRE**

**WE'RE IN THIS TOGETHER**