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**AMERICAN ASSOCIATION OF DIABETES EDUCATORS PUBLISHES SYSTEMATIC REVIEWS
ON SEVEN SELF-CARE BEHAVIORS FOR DIABETES MANAGEMENT
RESEARCH PUBLISHED IN SPECIAL ISSUE OF *THE DIABETES EDUCATOR* JOURNAL**

Los Angeles, London, New Delhi, and Singapore (December 14, 2007)—Over 20 million Americans suffer from diabetes. Medical researchers have studied many aspects of the disease to provide diabetes self-management recommendations, but how do doctors and patients know what works and what doesn't? The American Association of Diabetes Educators (AADE) has systematically reviewed the research relating to diabetes self-care behaviors, defined what works and what doesn't work and published the findings and conclusions in a special issue of their journal, *The Diabetes Educator*.

Each systematic review offers a critical appraisal of published research exploring the benefits of patients adhering to each of the seven behaviors (also known as the AADE7™) listed below:

- healthy eating habits
- physical activity
- glucose monitoring
- medication compliance
- problem solving
- healthful coping
- reducing risk

"Studies of various study designs were carefully reviewed using rigorous review criteria adopted the by American Diabetes Association," commented Diana Pihos, AADE Director of Communications. "Both strengths and weaknesses of the studies were critiqued, to help identify effective strategies for enhancing diabetes educators' effectiveness in educating patients in self-care behaviors. Remaining gaps in existing knowledge were also identified for each behavior division, providing direction for future researchers to follow."

The November/December 2007 issue of *The Diabetes Educator* is available at no charge for a limited time at <http://tde.sagepub.com/content/vol33/issue6/>.

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American Association of Diabetes Educators (AADE) has been dedicated, since 1973, to providing its members with tools, training and support to help patients change their behavior and accomplish their diabetes self-management goals. Created by and for diabetes educators, the multidisciplinary AADE provides members with the resources to stay abreast of the current research, methods and trends in the field and opportunities to network with other healthcare professionals. www.diabeteseducator.org

The Diabetes Educator (TDE), the official peer-reviewed journal of the American Association of Diabetes Educators (AADE), is intended to serve as a reference source for the science and art of diabetes management. TDE publishes original articles relating to patient care and education, clinical practice and research, and the multidisciplinary profession of diabetes. <http://tde.sagepub.com>

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