Diabetes Education at UCLA
You are in the hands of the professionals

About Our Team
Life with diabetes can seem like an overwhelming challenge. UCLA Health’s experienced team of certified diabetes educators can empower you to meet that challenge and live your life to the fullest. We offer one-on-one self-management education as well as a variety of group classes, workshops and support programs.

Our team of dieticians, nurses, nurse practitioners and pharmacists will teach you self-management skills including:

- Planning meals
- Self-testing
- Correcting your blood sugar levels
- Adjusting diabetes medications for day-to-day needs, such as exercise and travel
- Preventing and treating high or low blood sugars
- Preventing diabetes complications
- Staying healthy

Services Available
- Comprehensive self-management and co-management education by a nurse practitioner
- Continuous Glucose Monitoring (CGM) Therapy
- Insulin therapy initiation & training
- Pregnancy-complicated diabetes management
- Gestational diabetes counseling
- Preconception counseling

UCLA Diabetes Education Team
Evelyne Fleury-Milfort, NP, BC-ADM, CDE
Pamela Lee, RD, MPH, CDE
Adelene Prado, NP, CDE
Elizabeth Hunter, RN, BSN, CDE
Ana Valenzuela, RN, CDE
Shiri Morgan, RD, MPH, CDE
Nancy Lee, PharmD, CDE
Patty Chung, PharmD, CDE
Guidance on Use of New Technology

Advances in technology have brought ever more sophisticated pumps that deliver insulin and devices that continuously monitor glucose. Our team can help you make the fullest use of these tools and update you when new devices suitable for your situation become available.

Educators in Your Neighborhood

Our diabetes educators work with your UCLA healthcare team to provide coordinated and integrated care. We offer services at UCLA offices in Westwood, Santa Monica, Porter Ranch, Thousand Oaks, Westlake Village and Torrance. The UCLA Diabetes Education Program has been recognized by the American Diabetes Association as meeting the national standards for diabetes education.

Part of Your Healthcare Team

A UCLA physician order is necessary to obtain an appointment with a diabetes educator or to attend group classes.

For more information, contact the UCLA Patient Communication Center at (310) 828-1050 or visit uclahealth.org/diabetes