



CDCES Stories



Ka Hei Karen Lau, MS, RDN, LDN, CDCES®

Why Ka Hei Karen Lau Became a CDCES

Working as a Registered Dietitian Nutritionist at an outpatient diabetes center, becoming a CDCES was the natural next step in my career. Being a CDCES can provide confidence to people with diabetes and the community I serve. They can trust that I have the skills and expertise to provide quality diabetes care and education.

What or Who Motivated You to Become a CDCES?

One of the instructors in my dietetic program was a CDCES. I heard of this specialty back then and knew that if my work were to focus on diabetes, I would also want to become a CDCES.

On Opportunities Provided as a Result of Holding the CDCES Credential

The CDCES has certainly provided opportunities that I wouldn't have otherwise. For example, I was fortunate to be on the committee updating the 2022 National Standards for Diabetes Self-Management Education and Support (DSMES). I also had the opportunity to train diabetes nurses in China to provide DSMES to their clientele. I would highly encourage them to earn the credential!

On top of having additional opportunities for their career, the CDCES certification provides a network of like-minded professionals to engage and learn from one another, which is helpful for professional growth.

What Would you Say to Someone Who is Considering Becoming a CDCES?

It is rewarding for a CDCES to change a person's views towards diabetes and its management – instead of being fearful, they become empowered to take charge of daily decisions surrounding their diabetes care.

What was your Biggest "ah ha" Moment?

One of my clients was reluctant to check his glucose and refused to use insulin despite having an A1C of 13%. Through multiple sessions of building trust and understanding his fear, he has established a new eating behavior, using CGM to monitor his glucose, and managing his diabetes with A1C under 7% using only two oral medications. Instead of living in fear, he is now proactive with his care.

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