Purpose of Research
This study compares diabetes education to a diabetes self-management program that focuses on skills to help better manage diabetes and cope with symptoms that can interfere with diabetes self-care.

Who is eligible?
Women who have: stage I to III breast cancer, type II diabetes, completed surgery, chemotherapy, and/or radiation, and permission from their doctor to participate.

If you choose to participate in this study:
You will be assigned to one of two groups: 1) diabetes education, or 2) diabetes education plus a diabetes self-management program. Diabetes education includes a one hour session with a nurse. The diabetes self-management program includes 12 phone calls over a 6 month period. You will be asked to complete 4 in-person study visits over 12 months. You will also be given a wireless activity tracker to use.

Benefits of participating
While there may be no direct medical benefit to participating, you will get diabetes education and you may have the opportunity to learn skills that can help you better manage symptoms and diabetes.

Compensation
You will receive compensation for each in person study visit and for each phone interview completed.

Contact Us
For more information, contact
Sarah Staley
(919)681-3905
sarah.staley@duke.edu

This study is being conducted under the direction of Rebecca Shelby, PhD, Duke Pain Prevention and Treatment Research Program, PRO00073234