

Guest Editor



Mary M. Austin, MA, RD, CDE, FAADE, is principal of The Austin Group, LLC, in Shelby Township, Mich., and a health management specialist/health coach specializing in diabetes for Interactive Health, located in Schaumburg, Ill. In that role, she provides weekly, employer-sponsored, one-on-one, telephonic wellness coaching for individuals who seek to improve their diabetes control, other chronic conditions, and overall wellness.

She is a past president and a fellow of the American Association of Diabetes Educators (AADE) and a past chair of the Diabetes Care and Education Dietetic Practice Group of the Academy of Nutrition and Dietetics and a member of the American Diabetes Association. She serves as an editorial advisory board member for *Endocrine Today*.

Ms. Austin's professional interest in using self-monitoring of blood glucose (SMBG) in providing diabetes self-management education is evidenced by her many publications, workshops, invited presentations, and involvement in SMBG position statement development and guidelines on a national and international level.

She co-authored chapters related to SMBG in the AADE publication, *The Art and Science of Diabetes Self-Management Education Desk Reference*, 2nd ed. and the *American Diabetes Association Guide to Nutrition Therapy for Diabetes*, 2nd ed.

Diabetes Spectrum Deputy Editor Alison B. Evert, MS, RD, CDE, coordinated this From Research to Practice section.