



Say No To Diabetes

A list of questions you'd like to ask your health care provider

To help your physician treating you better, go prepared.

A record of your daily blood sugar with the stored information, list of medicines you're taking, including over-the-counter medicines, vitamins, and herbal supplements (You can also put all your medications into a plastic bag and take them with you. Notes about any health problems you've had.

If you're not sure what to ask your health care provider, you can use these questions to help get the conversation started:

1. What are my ABC goal numbers?

• "A" for A1C _____ • "B" for blood pressure _____ • "C" for cholesterol _____

2. What are my current ABC numbers?

• "A" for A1C _____ • "B" for blood pressure _____ • "C" for cholesterol _____

3. If my blood sugar (A1C) is still not under control, what else can I do?

4. What are the symptoms of high or low blood sugar? What should I do in either case?

5. Do I need to lose weight? How much?

6. How often should I test my blood sugar?

7. What tests do I need to have done to check my eyes, feet, kidneys, nerves, and heart?

8. Does type 2 diabetes put me at a greater risk of any other disease or illness?

9. Should I attend a class taught by a diabetes educator? If so, where can I find such a class in my area?

10. What are the possible side effects of my current medications?
