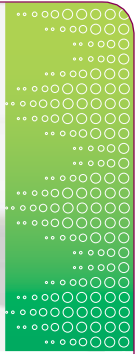


FOR
PATIENTS



QUESTIONS TO ASK MY DOCTOR ABOUT MY DIABETES

Finding out you have diabetes may make you feel overwhelmed. It's not always easy to hear you'll have to make lifestyle changes and/or take medication. You might find it hard to remember what your doctor says or understand his or her instructions. Bringing someone with you can help you remember the information correctly; so can this list. It offers questions you may want to ask your doctor—and gives you space to write down the answers. It might make it easier for you to manage your disease.

What does it mean to have high blood sugar (hyperglycemia)?

What tests do I need to take for my diabetes?

What is an A1C level?

What does it mean to have low blood sugar (hypoglycemia)?

PATIENTS

QUESTIONS TO ASK MY DOCTOR ABOUT MY DIABETES

What are the symptoms of hypoglycemia (low blood sugar)?

What are some foods or drinks I should carry with me to help manage hypoglycemia (low blood sugar)?

Why do I need to lose weight if I have diabetes?

What is the connection between diabetes and high blood pressure?

Why am I more at risk for heart disease because I have diabetes?

How can diabetes affect my eyesight? Why? What about my hands and feet?



Will I have to check my blood sugar levels every day? If so, when?

Will I have diabetes for the rest of my life?

How often do I have to see my doctor for checkups?

Can I really control my diabetes so it doesn't get worse?

Will I ever be able to eat dessert or a high-fat food I always liked before I got my diagnosis?

I've never been physically active. How do I start?

For additional resources, ask your case manager.