

Questions for Every Stage of Your Diabetes Journey



Ever found yourself driving home from a doctor’s appointment, remembering all the questions you meant to ask...but forgot? It’s a common experience. **This checklist can help you get organized ahead of time**, so you feel prepared for your appointment.



Before your visit, ask yourself...

- How have I been feeling lately?
- Have I experienced any new side effects?
- Has my blood glucose been mostly in range?
- Have I been taking my medicine(s) consistently, at the right time of day?



Receiving a new diagnosis

- Don’t hesitate to ask about terms you don’t know. For instance: *What is A1C?*
- What are the potential complications of diabetes, and how should I look out for them?
- What regular tests should I have?
- Do I need to keep track of my blood glucose? If so, what time of day should I check it?



Starting, switching, or adding a medication

- What are the potential risks and benefits of this medication?
- How will I know if a treatment is working?
- What happens if I miss a dose?
- What should I do if I experience side effects?
- Could this new medicine affect other medicines I am taking?
- Are there new possibilities in diabetes management ?



Experiencing new symptoms

- What might be causing these symptoms?
- Could we change my treatment plan to address the cause?
- Could these symptoms be a sign of complications?
- Are there lifestyle changes I could make to help manage my symptoms?



Making healthy lifestyle choices

- Are there any programs that can help build healthy habits?
- What should I be doing to take care of my mental health?



Maintaining healthy weight

- What's the ideal BMI
- How can i Maintain my BMI ?
- What is the impact of weight in diabetes?

*Carbone S. Prog Cardiovasc Dis. 2019 Jul-Aug;62(4):327-333.



Looking for answers about diabetes management? Find helpful info, tools, and resources on aboutdiabetes.in