#### TALKING WITH YOUR DOCTOR

# 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.

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## Before your visit, ask yourself...

How have I been feeling lately?
Have I experienced any new
side effects?
Has my blood glucose been mos

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?

**Making healthy** 

lifestyle choices

Are there any programs that can

What should I be doing to take

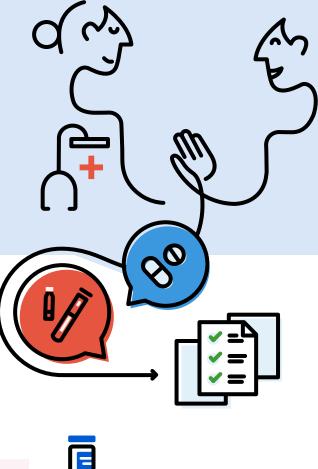
help build healthy habits?

care of my mental health?



#### Experiencing new symptoms

What might be causing these symptoms?
Could we change my treatment

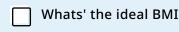


## Starting, switching, or adding a medication

What are the potential risks and benefits of this medication?	ł
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 ?	



## Maintaining healthy weight





What is the impact of weight



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?

in diabetes?

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\*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

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