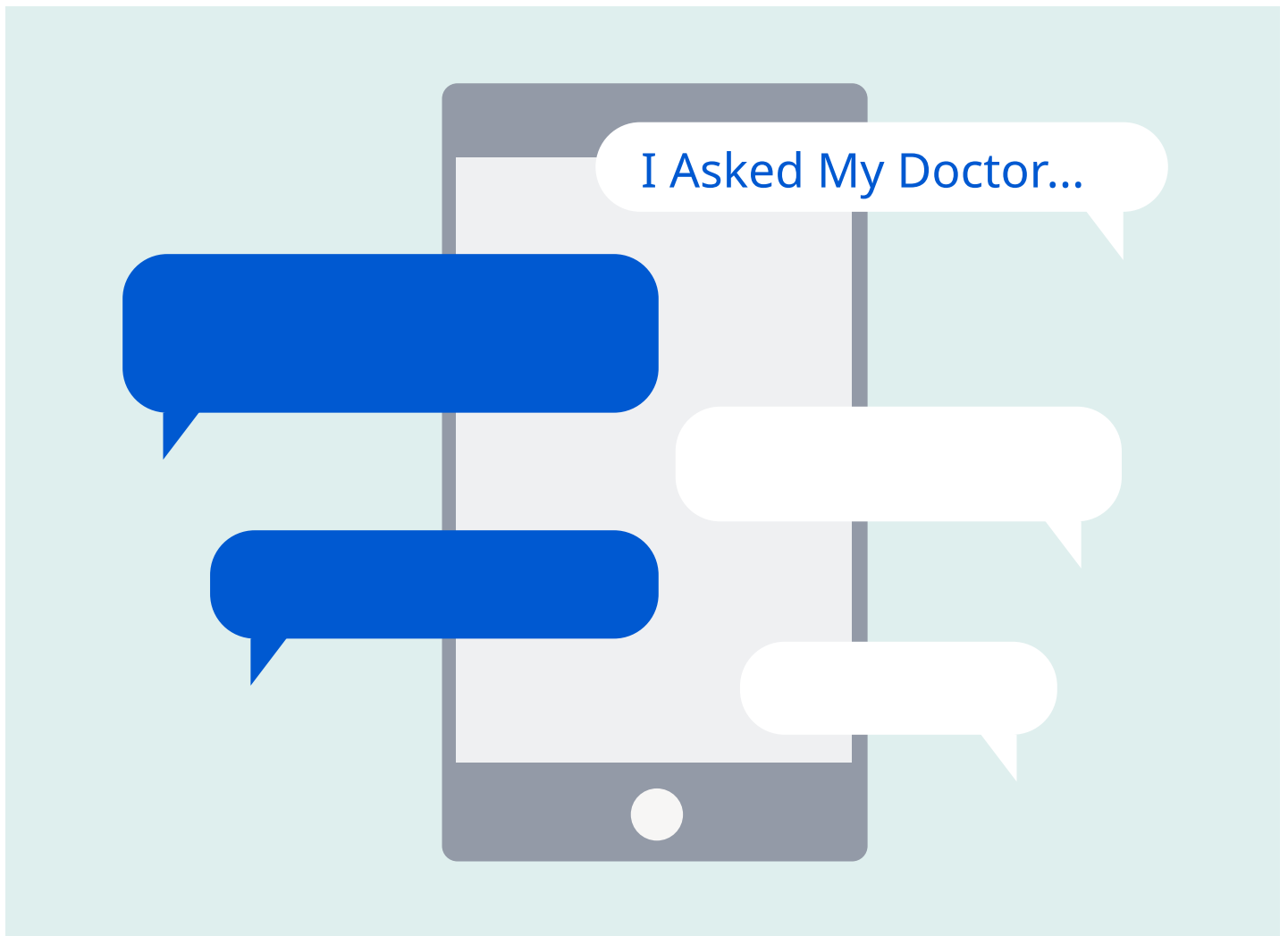


I asked my doctor— Question Guide



Living with type 2 diabetes, it can be hard to keep track of your priorities. Everyone's diabetes journey is different, so it's important to speak to your doctor regularly. But asking the right questions is easier said than done.

To help you get the most out of your next doctor visit, we've compiled some targeted questions so you can plan ahead* and go home with the answers you need.

**Don't try to remember it all. Simply print this guide and tick all the boxes below that apply to you before your next consultation.*

1. Weight benefits



Keeping your weight under control is important to help balance your blood glucose, as well as reducing long-term risks associated with type 2 diabetes, such as heart problems^{1,2}.

- How can I lower my blood sugar and keep my weight in check?
- Beyond diet and exercise, how else can I support my weight goals?
- What happens if I don't manage my weight with type 2 diabetes?
- Is there a specific weight range I should be aiming for?
- Are there any treatment options that will help me reach my weight goals?

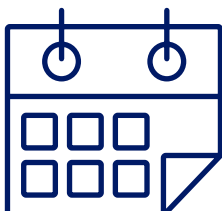
2. Long-term complications



Type 2 diabetes is a progressive disease, meaning it worsens over time³. That's why it's so important to manage your condition proactively and sustainably to minimise complications.

- Which long-term type 2 complications do I need to know about?
- How will my current health condition affect my risk of long-term complications?
- What numbers do I need to achieve to reduce my risk of long-term complications?
- What actions can I take to make these improvements?
- Are there any diabetes treatments available that help reduce my risk of long-term complications?

3. Long-term health



Everyone's diabetes journey is unique. The disease can progress at different rates in different people. But you can improve your long-term health prospects by getting on top of it early⁴.

- How can I look after my long-term health with type 2 diabetes?
- If my blood sugar is out of control, will it affect my lifespan?
- How much time do I have to get my health back on track?
- How can I make my diabetes management plan simple and sustainable for years to come?

4. Cardiovascular risk



The leading cause of disability and death in people with type 2 diabetes is heart disease, with two-thirds of mortalities caused by cardiac events such as heart attacks and strokes⁵.

- Why is the risk of cardiovascular disease higher with type 2 diabetes?
- What can I do now to avoid heart attacks and strokes in the future?
- Is my current medication affecting my risk of heart disease?
- Is there a cardio-protective diabetes treatment that suits me?
- If I switch to insulin, how will it affect my heart?

5. Non-insulin options



Although insulin is probably the most commonly known treatment for diabetes, there are many other treatment options that may be better suited for different phases of the disease. As diabetes progresses, you may even be prescribed a combination of them at the same time⁶.

- How can I delay my transition to insulin?
- What non-insulin treatment options are out there?
- What diabetes medication will help my body's natural processes perform better?
- How does SGLT2s work differently to insulin?
- How does GLP-1 work differently to insulin?

References: **1.** National Health Service. Food and keeping active [online] August 2020. Available from <https://www.nhs.uk/conditions/type-2-diabetes/food-and-keeping-active/>. Accessed on 5 October 2021. **2.** Diabetes.co.uk. Diabetes and Weight Management [online] January 2019. Available from: <https://www.diabetes.co.uk/features/diabetes-and-weight-management.html>. Accessed on 5 October 2021. **3.** National Health Service. Understanding medicine [online] August 2020. Available from <https://www.nhs.uk/conditions/type-2-diabetes/understanding-medication/>. Accessed on 5 October 2021. **4.** American Diabetes Association (Diabetes.org). How Type 2 Diabetes Progresses [online] October 2021. Available from: <https://www.diabetes.org/diabetes/how-type-2-diabetes-progresses>. Accessed on 5 October 2021. **5.** Wang, C., et al. Circulation 133.24. 2016: 2459-2502. **6.** Buse JB, et al. Diabetes Care. 2020;43(2):487-493.