

Talking to Your Doctor: A Conversation Starter

You can learn more about managing your blood sugar and leading a long, healthy, and active life—the Internet and your doctor’s office can be a good place to start. Also, make the most of your doctor visits by taking the following information with you:

- Questions or concerns you may have about your lifestyle adjustments and how you’re coping with diabetes
- Your glucose meter with your stored results
- Medicines that you’re taking, including prescription and over-the-counter (OTC) medicines, vitamins, and herbal supplements (You can put all your medicines into a plastic bag and take them with you.)
- Notes about any health problems you’ve experienced

If you’re not sure what to ask your doctor, you can use these questions to help get the conversation started:

1. What are my ABC numbers?
 - A for A1C • B for blood pressure • C for cholesterol
2. What should my ABC target numbers be?
3. How often should I test my blood sugar?
4. Will I notice any warning signs if my blood sugar is too high or too low?
5. Should I speak to a registered dietitian to review what I eat?
6. Do I need to lose weight?
7. Which exercises are best for me?
8. Do I need additional tests to check the health of my eyes, feet, kidneys, nerves, and heart?
9. Should I attend a class taught by a diabetes nurse educator? If so, where can I find such a class in my area?
10. What are the side effects of my current medication(s)?

Make copies of this conversation starter for future use or go to journeyforcontrol.com.

