

QUESTIONS TO ASK

YOUR CARE TEAM

These are questions you may want to ask your care team about in your next consultation.

QUESTIONS FOR YOUR DOCTOR

Lifestyle changes

- How can I change my lifestyle and diet in a way that will be healthy?
- Is it safe to exercise if I have diabetes? Do I need to adapt my medicines if I exercise regularly?

Visits with your doctor

- How often should I consult with my doctor?

Glucose monitoring

- What are my goals regarding blood sugar levels?
- Should I check my blood sugar levels at home with a glucose monitor?
- What type of glucose monitor is best for me?
- What information does my testing pattern give me?
- How can I upload my glucometer results so that my doctor and care team can see the results to help me manage my blood sugar levels?
- Why do I need to test at these times? What are my targets? What are my goals for our next visit?

Treatment

- What are the side effects of my medicine or insulin?
- Will I always need medicine or insulin? How will you decide what treatment is the best for me?

Diabetes complications

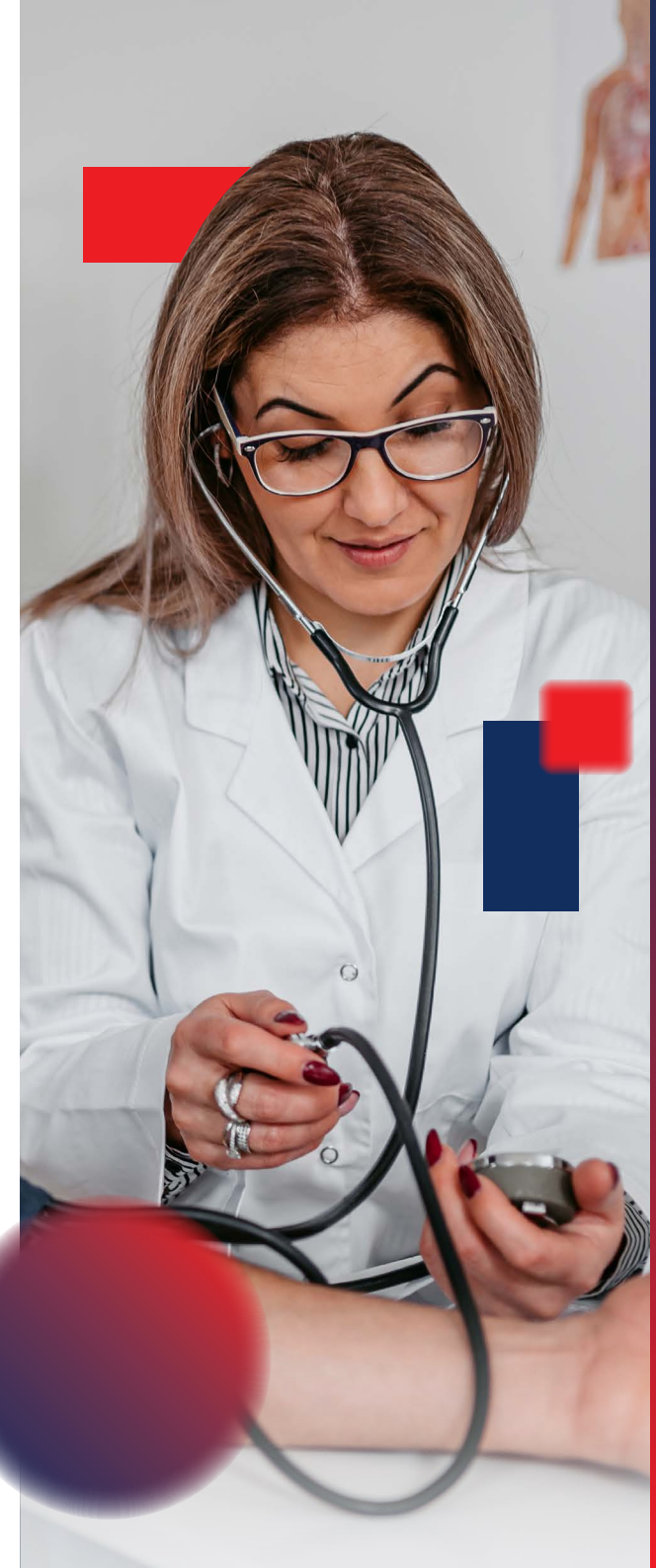
- How do I protect my feet?
- How do I protect my eyes?

Diabetes-related warning signs

- What are the warning signs or symptoms that my blood sugar level is too high? What should I do if my blood sugar levels are too high?
- What are the warning signs or symptoms that my blood sugar level is too low? What should I do if my blood sugar is too low? When do I need to report a hypoglycaemia (a hypo) to my doctor?

Other topics

- How often should I check my blood pressure levels?
- How does my medical aid cover this medicine? Are there alternatives that don't require additional payments?
- How do other factors such as high cholesterol and high blood pressure affect me?
- How should I prepare to travel?
- What happens if I want to fall pregnant? (pre-pregnancy planning)?
- What happens if I want to fast (either Ramadan or intermittent fasting)?





QUESTIONS FOR YOUR DIABETES EDUCATOR

Lifestyle behaviors

- What can raise or lower my blood sugar?
- What can I do immediately to get high blood sugar readings down?
- What long-term exercise and diet changes can I make?
- If I lose weight and exercise, will my blood sugar levels return to normal?
- Can workplace stress make my blood sugar level go up?
- Why do exercise and weight affect my blood sugar levels?

Relationship with your diabetes educator

- How do we work together? What are our short-term and long-term goals?

Glucose monitoring

- How should I draw blood to check my blood sugar levels at home?
- What type of glucose monitor is best for me?
- How do I use my glucose monitor?

Treatment

- Can I control my disease without medicine?
- Will I have to take insulin?

Other topics

- Will my diabetes progress?
- Do I need a sick day management plan?
- What should I eat when I'm sick?
- What kind of infections should I watch out for?
- Can diabetes affect a pregnancy?
- Will lack of sleep or poor sleep affect my blood sugar levels?
- Do I need to get a medic alert bracelet? Where should I keep emergency contact details?
- Do my family or car provider need to know anything or learn anything to assist me in any way, like in case of a sugar spike or drop?
- Can you explain basic foot care for my condition?

QUESTIONS FOR YOUR

OPTOMETRIST OR OPHTHALMOLOGIST

It is recommended to have a comprehensive eye exam every year.
Here are questions to ask your doctor:

- Do you have many patients with diabetes?
- Can I have normal vision but underlying complications?
- Can this yearly check predict complications or changes in my condition?
- What kind of vision problems do people with diabetes have?
- Why does high blood sugar affect vision?
- What symptoms should I look out for? (blurriness, spots, etc.)
- Do I have any signs of eye trouble?



QUESTIONS FOR YOUR PODIATRIST

It is recommended to have a thorough foot exam once a year.
Here's a list of questions:

- Are you familiar with diabetes-related foot problems?
- What kind of shoes should I wear?
- How often should I check my feet?
- How can I make my shoes more comfortable?
- What would be a warning sign of foot problems?
- Can I still exercise if my feet hurt?
- What type of exercise would be best for someone with nerve damage in their feet?
- Should I cut my own toenails and trim calluses?
- Can you explain basic foot care for my condition?





QUESTIONS FOR YOUR DIETITIAN

- How does my diet affect my blood sugar, my cholesterol, and my risk for heart disease?
- Which foods contain carbohydrates (carbs)?
- How many carbs should I have per meal?
- How do I count carbs?
- If I'm overweight, how much weight should I lose to get my health back on track?
- What dietary changes can I make to improve my health?
- Can you help me draw up a meal plan?
- Where can I go to get help on how to eat well?
- Are high-carbohydrate and starchy foods forbidden?
- Are desserts forbidden?
- If I feel fine can I eat whatever I like again?
- What kinds of food should I eat more of? What kinds should I eat less of?
- Can I drink alcohol? How much?
- Can you explain what 'carb exchanges' means?
- Can I eat more protein?

