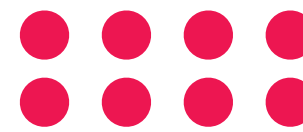


QUESTIONS TO ASK YOUR CARE TEAM

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

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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 care 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:

1. Do you have many patients with diabetes?
2. Can I have normal vision but underlying complications?
3. Can this yearly check predict complications or changes in my condition?
4. What kind of vision problems do people with diabetes have?
5. Why does high blood sugar affect vision?
6. What symptoms should I look out for? (blurriness, spots, etc.)
7. 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:

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



QUESTIONS FOR YOUR DIETITIAN

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

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