



Diabetes Question Sheet

Mark boxes to show which types of information you need and what questions you want to ask. Then take this sheet with you to your next appointment and give it to the doctor, nurse, or other health professional.

Keeping my blood glucose (blood sugar) at a healthy level:

- What should my blood glucose goals be?
- What can I do to get my blood glucose under better control?
- Testing my blood glucose at home
- A-1-C blood glucose lab test
- Injecting insulin
- Diabetes medications
- Other topics & questions:

Concerns and questions about my health:

- Information about how diabetes affects my body and the health problems it can cause
- Cholesterol and triglycerides
- Damage to blood vessels
- Heart problems or stroke
- High blood pressure
- Numbness, pain, or tingling in feet or hands
- Foot sores or other skin problems
- Kidney damage or urine problems
- Problems with eyes or vision
- Sore gums or tooth problems
- Other topics & questions:

Healthy eating and meal planning:

- Help and information on how to eat the right foods in the right amounts at the right times
- I want to see a nutritionist or diabetes educator or attend a meal planning class
- Other topics & questions:

Staying healthy:

- Keeping active, guidelines for exercise
- What is a healthy weight for me?
- Safe & effective ways to lose weight
- Dealing with stress
- Getting help to quit tobacco
- What is a "dilated eye exam" and why do I need to have one?
- Instructions on how to check my feet
- Instructions for what to do about meals and medications when I am sick
- Should I get a flu shot?
- What is the pneumococcal vaccination and should I get it?
- Other topics & questions:
