

Questions to Ask Your Doctor About Diabetes

Managing diabetes effectively starts with asking the right questions. Knowing what to ask your doctor can help you track your progress, make informed decisions, and prevent complications.

Understanding Blood Sugar Testing

Why it's important: Blood sugar tests help monitor how lifestyle changes and medications affect your diabetes. Regular testing can help prevent complications and guide adjustments to your treatment plan.

Essential Questions for Your Doctor

Blood Sugar Management

- How often should I test my blood sugar, and what patterns should I look for?
- What should I do with my test results?
- What is my HbA1c level, and how can I bring it into the normal range?

Diabetes & Health Complications

- How has diabetes affected my eyes, kidneys, and feet?
- Do I have microalbuminuria (early signs of kidney disease)?
- How should I properly care for my feet?





Diet & Exercise

- When should I meet with a dietitian to review my eating habits?
- What exercises are best for me, and how should I adjust my food or insulin when I exercise?

Emergency Preparedness

- What should my family and friends do if my blood sugar drops too low?
- Are there support groups in my area that can help me manage my diabetes?

Taking an active role in your diabetes care is the key to staying healthy. Bring this list to your next appointment and take notes to track your progress.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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