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Questions for Your Healthcare Provider

Living with diabetes can be challenging, with many lifestyle choices, physical changes, and related health concerns to consider. Regular communication with your healthcare provider lets you stay well-informed about your unique diagnosis and effectively manage your condition.

Questions to ask your healthcare provider about living with diabetes:

1. What type of diabetes do I have?
2. What are the potential complications of diabetes?
3. In what range should I try to keep my blood glucose (sugar) level?
4. What are the options for checking my blood glucose (sugar) level, and how often do I need to check it?
5. What is an A1C, and why does it matter?
6. What medications or supplements should I be taking?
7. Do I need to take insulin?
8. What lifestyle changes may be beneficial for my diabetes management?
9. How can I recognize and avoid hypoglycemic (low blood sugar level) and hyperglycemic (high blood sugar level) episodes?
10. What resources are available to help me manage my diabetes?

These questions can be addressed at an annual check-up with a diabetes healthcare provider or a regular progress check. You should also feel comfortable asking your healthcare provider or Certified Diabetes Educator any additional questions about your individual health needs related to diabetes. It is a good idea to take notes or have another person with you to help you remember the answers to these questions. With this communication, you can stay informed and receive detailed information from your healthcare provider to help you manage your diabetes more effectively.

References

1. American Diabetes Association. (2015). 11 Questions to Ask Your Health Care Team. Retrieved from <https://www.diabetes.org/living-with-diabetes/treatment-and-care/action-plan/questions-to-ask-your-doctor>
2. Brown, B. (2017). Questions All Type 1 Diabetes Patients Should Ask Their Healthcare Providers. Retrieved from <https://www.thediabetescouncil.com/questions-type-1-diabetes-patients-should-ask-healthcare-providers/>
3. Kohn, C. (2017). 20 Questions to Ask Your Healthcare Provider About Diabetes. Retrieved from <https://www.verywellhealth.com/questions-to-ask-your-doctors-about-diabetes-1087323>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.