

Forming a Diabetes Partnership: 12 Questions to Ask Your Doctor About Diabetes

Here are several questions to consider asking your doctor during your upcoming office visits. Aim to limit your list to the top five or so, in order to be able to have enough time to go into detail for the answers you seek.

1. Does having diabetes mean that I am at higher risk for other medical problems?
2. How often should I test my blood sugar?
3. What is my target range? What should I do if it is too high or too low?
4. Does diabetes mean I have to stop eating my favorite foods?
5. How can exercise make a difference in my diabetes?
6. How does weight affect my blood sugar? Would losing just a few pounds help to improve my health?
7. Do I need to take my medications even on days that I feel fine?
8. Are there any new medications or supplies that I could use to help manage my diabetes?
9. Are my children at increased risk for the disease?
10. Should I see other doctors, such as an eye doctor or a heart doctor?
11. Can I see a diabetes educator (nurse, dietitian, pharmacist or other) to help me understand my diabetes?
12. What apps or websites would give me good information about diabetes?

