



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 HEALTHCARE PROFESSIONAL

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?

VISITS WITH YOUR HEALTHCARE PROFESSIONAL

- How often should I consult with my Healthcare Professional?

GLUCOSE MONITORING

- What are my goals regarding blood sugar levels?
- How often should I check my blood sugar levels at home with a glucose monitor?
- How can I share my glucometer results so that my Healthcare Professional and care team can see the results to help me manage my blood sugar levels?

TREATMENT

- What are the side effects of my medication?
- Will I always need chronic medication?

DIABETES COMPLICATIONS

- How often should I have my feet screened?
- How often should I have my eyes screened?

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 Healthcare Professional?

OTHER TOPICS

- How often should I check my blood pressure levels?
- How does my medical aid cover this medication? 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 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 increase my blood sugar level?
- Why do exercise and weight affect my blood sugar levels?

RELATIONSHIP WITH YOUR DIABETES EDUCATOR

- How often should I be visiting my diabetes nurse educator?
- How should I use my glucose monitor?
- What are my short term goals?
- What are my long term goals?

OTHER TOPICS

- Do I need to get a medic alert bracelet?
- Does my family or care provider need to know anything or learn anything to assist me in any way, like in case of a low blood sugar episode?
- 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 Healthcare Professional:

- What kind of vision problems do people with diabetes experience?
- Can I have normal vision but underlying complications?
- Can this yearly check predict complications or changes in my condition?
- How does high blood sugar affect vision?
- What symptoms should I look out for? (blurriness, spots, etc.)





QUESTIONS FOR YOUR **PODIATRIST**

**IT IS RECOMMENDED TO HAVE A
THOROUGH FOOT EXAM ONCE A YEAR**

Here's a list of questions:

- How often should I check my feet?
- What would be a warning sign of foot problems?
- Can you explain basic foot care for my condition?





QUESTIONS FOR YOUR **DIETITIAN**



- How does my diet affect my blood sugar, my cholesterol, and my risk for heart disease?
- What dietary changes can I make to improve my health?
- Can you help me draw up a meal plan?
- How do I count carbs?
- How much alcohol is safe for me to drink?



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