Talk With Your Doctor About Diabetes!

Use these tips to get ready for your next doctor visit.

✓ Write down your questions. Your doctor is there to help you. Don’t be afraid to ask questions.

✓ Ask your doctor for your blood sugar goals. Check your blood sugar at home as often as your doctor tells you. Know your symptoms for low and high blood sugar and have a plan for what to do if your blood sugar gets too high or too low.

✓ Bring all your medicines and a list of your medicines to each visit. Make sure you write down how much of each medicine you take and how often you take it. Keep your list in your purse or wallet at all times.

✓ Call your doctor if you have questions. If you get home and have more questions, call your doctor’s office and ask to speak to someone who can help.

✓ Ask your doctor what tests you need. Know your results and what they mean.

<table>
<thead>
<tr>
<th>Tests/Exams</th>
<th>Each Visit</th>
<th>3-6 months</th>
<th>1x per year</th>
<th>Completed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>A1C</td>
<td></td>
<td>✓</td>
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<tr>
<td>Cholesterol</td>
<td></td>
<td></td>
<td>✓</td>
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<tr>
<td>Foot Exam</td>
<td>✓</td>
<td></td>
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<tr>
<td>Kidney Exam</td>
<td></td>
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<td>✓</td>
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<tr>
<td>Eye Exam</td>
<td></td>
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<td>✓</td>
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</tbody>
</table>

See the back for sample questions to ask your doctor
Sample Questions to ask your Doctor

• What is diabetes?
• What caused it? Is there a cure?
• When do I take my blood sugar? What is the goal for my blood sugar?
• When do I take my medicines?
• Do the medicines have side effects?
• What type of exercise can I do?
• Do you have health education materials about diabetes?
• Do I need to have the flu shot?
• Do I need to have the pneumonia shot?
• Do I need a referral to a specialist?
• When is my next visit?

What do I want to ask my doctor?
Write your questions below and take this with you to the doctor.

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Call L.A. Care if you have questions about diabetes.
Diabetes Resource Line 1-877-796-5878 | 8am - 4pm Monday - Friday (TTY 711)
L.A. Care’s 24/7 Nurse Advice Line 1-800-249-3619
diabetesdm@lacare.org