

# TYPE 2 DIABETES

Communicating with your healthcare team and staying on top of your condition are key to living well with type 2 diabetes. Toward that end, use the checklist and prepared questions below as a springboard to make the most of your doctor appointment, and feel free to jot down in advance questions of your own that you want to ask. If you have already been instructed to monitor your blood glucose levels, you can use the tracker on the flip side of this page to do so, and then bring it to your doctor for you to review together.

## To prepare for a discussion with your doctor, fill out the following:

1. I've experienced the following:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Tingling or numbness in my feet or hands | <input type="checkbox"/> Excessive thirst                | <input type="checkbox"/> Yeast infections   |
| <input type="checkbox"/> Swollen feet                             | <input type="checkbox"/> Rash or slow-healing sores      | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Noticeable fatigue                       | <input type="checkbox"/> Blurry vision                   | <input type="checkbox"/> Other _____        |
| <input type="checkbox"/> Frequent urination                       | <input type="checkbox"/> Issues with my gums and teeth   |   |
|   | <input type="checkbox"/> Increased hunger despite eating |   |

2. I experience symptoms \_\_\_\_\_ per day/week. Since my last appointment, my symptoms have:  
(Circle on scale below)



## Questions to ask your doctor:

1. What do my symptoms mean? \_\_\_\_\_  
\_\_\_\_\_
2. Is it safe for me to exercise or do strenuous tasks? \_\_\_\_\_  
\_\_\_\_\_
3. Do I need medication for my diabetes, and if so, what side effects should I expect? \_\_\_\_\_  
\_\_\_\_\_
4. Should I see any type of specialist (e.g., podiatrist, ophthalmologist)? \_\_\_\_\_  
\_\_\_\_\_
5. What other conditions am I at risk for now that I have diabetes? \_\_\_\_\_  
\_\_\_\_\_