



MY PERSONAL DIABETES QUESTIONNAIRE

Ask yourself these questions. If you're not sure what the answer is, or if you have more questions about a topic, that's something you may want to talk with your doctor or diabetes care and education specialist about.

HEALTHY EATING

- How many carbs should I be eating per meal?
- Which foods help my blood sugar numbers? Which can have a negative impact?
- What are examples of healthy snacks that won't increase my blood sugar too much?

BEING ACTIVE

- What should my blood sugar target be if I plan to exercise?
- If I plan to be active for a much longer period than usual, do I need to make any changes to my medicine or diet?

TAKING MEDICINE

- What should I do if I forget to take my medicine?
- How will I know when it's time to change my diabetes medicine?

MONITORING

- How often should I test my blood sugar?
- What are my target goals for A1C, fasting blood sugar, and post-meal blood sugar?
- When I'm checking blood pressure at home, is there an "alert" level when I should take some action?

REDUCING RISKS

- If I get sick and have no appetite, should I continue to take my medication?
- Which tests and exams do I need to make sure my doctor does at least once every year?

HEALTHY COPING

- If I'm feeling like diabetes is affecting my mood or bringing me down, where do I turn for help?
- How do I talk with my family, friends and co-workers about diabetes?