



# 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?
- Which foods are especially helpful for reducing the risk of getting diabetes?

## BEING ACTIVE

- If my blood sugar is above or below a certain level, should I not 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

- 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 feel lousy and have no appetite, do I keep taking my diabetes medicine? What do I eat?
- 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?