

Top 10 Questions to Ask Your Doctor about Your Diabetes*

- 1 How can having diabetes impact my health in general, my other health issues and my quality of life?

- 2 What is my role in managing this disease?

- 3 What is my primary care practitioner's (family physician, nurse practitioner etc.) role? How will I be followed?

- 4 Who are the other team members? What support should I expect? When and how often should I see them?

- 5 Where do I get more information and education?

- 6 Before I see a dietitian, what simple changes can I make to my eating habits?

- 7 Before I see the rest of the education team, are there changes I can make to my lifestyle right away?

- 8 Do any medications need to be started immediately? How much will they cost? Are they covered by the provincial or private plans?

- 9 Do I need to start monitoring my blood sugars? How often? What is normal?

- 10 I am experiencing symptoms (thirst, frequent urination, blurry vision)—will this go away? OR I have no symptoms, why is that?

*The questions will vary depending on your situation. Women who may be interested in becoming pregnant should specifically address this with their primary care practitioner since high blood sugars early on in pregnancy can cause birth defects. Also, certain medications should not be used in pregnancy. Women with diabetes can have successful pregnancies if a healthcare team manages them and if their blood glucose is well-controlled

