



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 educator 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 glucose 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 glucose and post meal glucose?
- 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?