

# Diabetes questions to ask your doctor:

how to break the ice with your healthcare provider

## Knowledge

is key to controlling diabetes and staying healthy. So, anytime you have a question, do not be afraid to ask.

Here are some people you can turn to for answers to your diabetes questions:

Your primary doctor, nurse practitioner, or nurse

Your diabetes educator

Your pharmacist

Your dietitian

If you've recently been diagnosed with diabetes, or are caring for someone with diabetes, you probably have a lot of questions. After all, living with diabetes means changing the way you live. And with all these changes come many questions.

The good news is there are answers to your questions and many places to find them! A good place to start is with your healthcare provider. Following are a number of topics to help you get started. Discussing them with your healthcare provider will help you learn more about diabetes and how to properly take care of yourself or someone else with this disease. You'll be less worried and feel more confident because *you* control diabetes—it does not control you!

### “Explain how diabetes works.”

- What is it?
- Will it go away?
- Why is diabetes a bad thing?
- What can it do to my body?
- What could happen if I do not take care of my diabetes?

### “Help me take better care of myself.”

- How can I eat healthier?
- Do I need to lose weight? How do I start?
- Should I exercise?
- What other changes do I need to make?





## Find out more about diabetes

If you have access to the Internet, you can visit these websites for more information on diabetes:

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

[www.diabetes.org](http://www.diabetes.org)

[www.fda.gov/diabetes](http://www.fda.gov/diabetes)

[diabetes.niddk.nih.gov](http://diabetes.niddk.nih.gov)

### “Tell me about controlling my diabetes.”

- What can medicine do for my diabetes?
- What kinds of medicines are there?
- What are the side effects?
- Which one is right for me?
- Will medicine alone be enough to control my diabetes?

### “Tell me about checking my blood sugar.”

- How do I check it?
- Is it hard?
- Will it hurt?
- Do I really need to check it every day?
- How do I know if my blood sugar is under control?
- What do I do if it's not under control?

### “I worry about my future.”

- Will I have a normal life?
- Will my diabetes get worse?
- Can anyone else in my family get diabetes?

### “I worry about getting pregnant.”

- Is it dangerous for me and my baby?
- Could I pass my diabetes on to my baby?
- As a woman, what other issues should I know about?

### “I need advice on adjusting to my new life with diabetes.”

- This is a lot to deal with, and I'm feeling down. Will these feelings go away?
- Are there other people with diabetes I can talk to?
- Where else can I turn for help?

As you learn more about diabetes, you may think of more questions. Do not be afraid to bring them up with your healthcare provider. Ask your questions! The more you know about your diabetes, the better you can control it—and the healthier you'll be!

For more information, visit MerckSource™ at [www.mercksource.com](http://www.mercksource.com).

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