

5 Questions to Ask Your Health Care Team about Managing Your Type 2 Diabetes

These 5 questions can help you get the most out of your visits

1. What are my ABCs?

A1C (also known as blood sugar or glucose)

Blood pressure

Cholesterol

Keeping your **ABCs** close to target levels can lower your risk for long-term health problems.

Ask your health care team to help you choose the best targets for managing your diabetes.



2. How will I know if my medications are working?

Right on target?
Great, your medications and efforts are working!

Missed the mark? It's time to review how your medicines, food and activity are balanced with your health care team. **Be sure to bring your medicine and blood sugar logs to your appointments to review with your care team.**



3. When and where can I learn more about managing diabetes?

WHEN:

There are **4 times** when it's really important to talk with your health care team about getting information and support:

- When you're **first diagnosed**.
- **Once a year**, especially if your numbers have changed.
- If you have a diabetes-related **health problem** like kidney disease, vision changes, heart problems, stress, or depression.
- If you **change** your treatment, medications, or health care team.



WHERE:

- Local diabetes education programs
- Organizations
- Support groups



Diabetes self-management education and diabetes educators can help you learn skills and give you the support to manage your disease.

4. What vaccines should I have?

FLU SHOT (every year)

PNEUMONIA (check with your doctor)

HEPATITIS B (check with your doctor)

Always check with your health care team to see if they recommend any other vaccines.



People with diabetes are at higher risk for serious health problems that can be prevented with vaccines. **Getting vaccinated is important to staying healthy. Ask your health care team about what vaccines you need.**

5. When should I schedule my next routine visit?

See your regular health care team at least twice a year.

Visit an eye doctor and dentist at least once a year.



EYE DOCTOR

at least

1x

a year



DENTIST



DOCTOR

at least

2x

a year

Regular health care is an important part of staying healthy. **Ask to schedule your next visit before leaving your health care provider's office.**

Type 2 diabetes takes a lot of management. You can do it by taking one step at a time. Choose a goal and make a plan—your health care team is there to help.

Explore all the resources the National Diabetes Education Program has to help you manage your diabetes and live a healthy life.



For more information call 1-800-CDC-INFO (800-232-4636)
TTY 1-(888) 232-6348 or visit www.cdc.gov/info.
To order resources, visit www.cdc.gov/diabetes/ndep.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



June 2016

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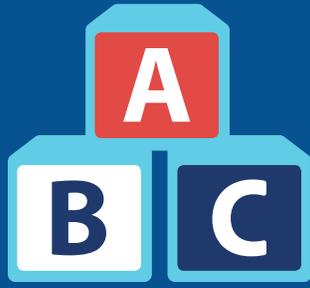
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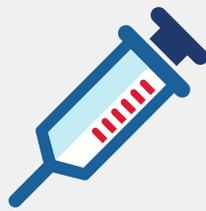
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