

## General

- What are my short term and long-term treatment goals?
- Is this symptom related to my diabetes or some other condition?
- How do I incorporate exercise into my diabetic lifestyle?
- How can I stop smoking?
- How often do I need to see the dentist?
- What measures can I take to protect my health?
- How can I prevent diabetes complications?
- How can I manage my diabetes with my other underlying conditions?

## Diet

- What meal plan should I follow?
- How do I follow a diabetic eating plan when eating out?
- How do I eat high sugar foods safely on my eating plan?
- Can I drink alcohol?
- How do I eat low fat and still eat on a diabetic diet?
- How big should my portions be?
- Do I need to lose weight? How can I lose weight?
- Should I see a dietician?

## Blood Sugar

- How often do you want me to check my blood sugar?
- What do you want my blood sugars to be ideally?
- What are the symptoms of blood sugars that are too high or too low?
- What is too high? How do I react to a level that is too high?
- What is too low? How do I react to a level that is too low?
- How do I prevent my blood sugar from going too high and too low?
- When do I call for help with my blood sugar?
- How do I get my supplies for my blood sugar monitoring?

## Insulin and Medications

- How often should I take my medications?
- What side effects are common from my medications?
- How do I compensate for a missed dose?
- Do I need insulin?
- How do I inject insulin?
- What does it mean to rotate injection sites?
- How do I take care of my insulin supplies?
- What are ketones and how do I check for them?

## Foot Care

- How do I examine my feet daily?
- What should I do if I accidentally injure my foot?
- What sort of shoes should I wear?
- Should I see a podiatrist?

## Sick Days

- What should I eat when I am sick?
- Should I still take my medication or insulin even if I am throwing up?
- When do I call you on a sick day?

## Special Tests for Diabetics

- What is a hemoglobin A1C? How often do I need to have one done? What should it be?
- How do you determine my kidney function? How can I protect my kidneys from decline?
- What are my cholesterol levels? Should I follow a low fat diet?
- How often do I need a dilated eye exam? When should I see an eye doctor?
- How is my blood pressure? Do I need to follow a low sodium diet?