

DIABETES ONE ON ONE

July 1, 2001

Five things to do at your next diabetes visit

1) Bring your glucose meter with you and demonstrate your technique for measuring your glucose level to your diabetes educator. We often find that people are not performing the steps correctly and are thus getting inaccurate results.

2) Ask if you need any follow-up labs drawn based on your last labs. Also ask to review your last labs if that has not been done with you. This brings attention to your medical team that you care about your results and helps to educate you about what they mean.

3) Take off your shoes and socks to remind your medical team to examine your feet. Often we find that patients miss things such as calluses, sharp edges on toe nails, athlete's foot and dry skin that can be treated to prevent further complications. Ask them why foot exams are so important to people with diabetes.

4) If you have Type 2 diabetes ask to be educated on how the following medications can or currently do play a part in your treatment plan; Glucophage, Glucophage XR, Starlix, Amaryl, Prandin, Glucotrol, Glucotrol XL, glyburide, Avandia, Actos, Glyset and Precose. If you have Type 1 diabetes or Type 2 and are using insulin, ask about Humalog, Regular, NPH, 75/25, Lente, Ultra Lente and new Lantus.

5) Thank your diabetes educator for taking the time to educate you on these areas of diabetes management.

The more knowledge you have about your diabetes, the bigger the part you play in your treatment.



Print this page and take it with you to your next doctors visit.