

Fast Five:
Questions to Ask Your Doctor About Blood Sugar

Blood sugar control is a key requirement for staying healthy when you have type 2 diabetes, and understanding how food choices, activity and medications work together to affect blood sugar levels can make a big difference in how you feel. By asking your diabetes healthcare team (primary care provider, endocrinologist and diabetes educator) questions about your blood sugar goals and treatment plan, you'll be able to better manage your diabetes and stay on top of your health.

Remember, your well-being is important both to you *and* to your diabetes healthcare team so don't hesitate to ask questions about any symptoms of low or high blood sugar, your medications or lifestyle considerations during your next visit.

Here are five questions about blood sugar you can print out and discuss at your next appointment.

1. What should my blood sugar goals be?
2. How often and when should I check my blood sugar?
3. What should I do if I think I'm experiencing low or high blood sugar symptoms?
4. How does my meal plan, physical activity or medication affect my blood sugar?
5. Do I need to make any changes to my overall treatment plan?