


Questions to Ask My Endocrinologist

As you know, living with diabetes means making lifestyle changes and/or taking medication. You might also be concerned about how diabetes will affect your body over time. Will it make your toes numb? Will it change the way you see?

It's important to understand what your endocrinologist says about your disease. Bringing someone with you can help you remember the information you hear. So can the list below. It includes questions you may want to ask—and gives you space to write down the answers, to help you with managing your disease.

 What are A1C levels? What level should I aim for?

 Why is diabetes so dangerous to my health? How can I help prevent my diabetes from getting worse?

 What is hypoglycemia? What are the symptoms?

 What is the connection between diabetes and high blood pressure?

➔ How does eating healthy and exercising help control my diabetes?

➔ Why do I need to lose weight if I have diabetes?

➔ What are some of the complications that can happen with diabetes?

➔ What is diabetic retinopathy?

➔ Why can diabetes possibly lead to diabetic retinopathy and diabetic macular edema (DME)?

➔ When should I have my eyes examined? What specific tests should I have?

➔ Which eye doctors should I visit and what are their roles?

Learn more at DiabetesSightRisk.com.