



DOCTOR DISCUSSION GUIDE

Managing Type 2 Diabetes

Diabetes is a progressive disease that requires daily management. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Diabetes Mellitus	A condition in which blood sugar levels are too high due to the body's inability to use glucose. There are many different types of diabetes. In Type 1 diabetes, the pancreas no longer makes insulin. In Type 2 diabetes, either the pancreas isn't making enough insulin or the body is unable to utilize insulin.
Blood Glucose	Sugar found in the blood and the body's main source of energy. Also called blood sugar.
Blood Glucose Monitoring	A method of testing your blood glucose which requires a small sample of blood, usually extracted by a finger stick. Your target blood sugars will be given to you by your physician. Monitoring your daily blood sugar can help you to pattern manage and keep your diabetes in good control.
Carbohydrates	The type of macronutrient that impact blood sugars the most. Carbohydrates, when digested, turn into sugar. The amount and type of carbohydrates you eat are important for managing diabetes.
Fasting Blood Glucose Test	A test used to screen, monitor, and diagnose diabetes. This test is done when a person has not eaten or drank for at least 8 to 12 hours.
Hyperglycemia	The medical term for high blood sugar. Chronically elevated blood sugars can result in diabetes complications.
Hypoglycemia	The medical term for low blood sugar. Hypoglycemia occurs when glucose levels drop too low, typically lower than 70mg/dL. Immediate treatment for low blood sugar is important. Signs of low blood sugar include: hunger, nervousness, shakiness, perspirations, dizziness, lightheadedness, sleepiness, and confusion.
Hemoglobin A1C	Also referred to as glycosylated hemoglobin, a blood test that measures a person's average blood glucose level over the past 2 to 3 months. This test can be used to diagnose diabetes, as well as monitor control, and adjust treatment regimens.
Insulin	A hormone produced by the pancreas. Insulin plays a role in regulating blood sugar. One of its many jobs is to help sugar into the cells so that it can be used for energy.
Insulin Resistance	Occurs when the body is unable to utilize the insulin it is making efficiently. As a result, you will see impaired glucose tolerance. Excess fat impairs insulin's ability to bring sugar to the cell, as a result, the cells become resistant to insulin and blood sugars are elevated.



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your diabetes.

About Symptoms

- I am so tired all the time, is this a symptom of diabetes? What are the symptoms of diabetes?
- What are the symptoms of high blood sugar (hyperglycemia)?
- What are the symptoms of low blood sugar (hypoglycemia)?
- How can I identify and prevent an emergency situation?

About Causes & Risk Factors

- My parents had diabetes, is this why I have it too? What causes type 2 diabetes?
- Did I get diabetes because I ate too much sugar?
- Are my children at increased risk of developing diabetes?
- If I lose weight, will I be able to reduce my risk for developing diabetes?

About Diagnosis

- Do I need to take a glucose tolerance test to confirm the diagnosis?
- Can you explain my glucose numbers to me? What should they be?
- What about my cholesterol, blood pressure, and triglycerides?

About Treatment

- Do I have to test my blood sugar daily? What should my numbers be?
- When should I take my medicine? Should I take it with food?
- How do I treat low blood sugar? High blood sugar?
- Should I still take my diabetes medicines even when I am sick?
- Do I need to see any other specialists? I heard I should see a diabetes doctor?
