

Bring this sheet with you at your next appointment and discuss the following questions with your physician.



## Understand Diabetes

### Which type of diabetes do I have?

- Type 1 diabetes
- Type 2 diabetes
- Other \_\_\_\_\_

### Does having diabetes put me at risk for other diseases such as high blood pressure?

### What lifestyle factors can help me better manage my diabetes?

- Manage weight
- Eat better
- Quit smoking
- Other:



## Managing your diabetes

### How often should I test my blood sugar?

### What blood sugar levels should I aim for?

### What should I do if my blood sugar is too high or too low?

### What is an A1C test?

### What do my A1C results mean?

### What kind of complications does diabetes cause?



## Questions About My Medication

Will I be taking medication for my diabetes?

- Yes
- No

What do we hope the medication will accomplish?

What will happen if I don't take the medication?



## Diabetes Resources

Learn to recognize and manage diabetes, symptoms and more. Refer to these Mount Sinai resources:

- **Diabetes-Know Your Type**  
[www.mountsinai.org/care/diabetes/services/types](http://www.mountsinai.org/care/diabetes/services/types)
- **Treatment and Care for Diabetes**  
[www.mountsinai.org/care/diabetes/services/treatment-care](http://www.mountsinai.org/care/diabetes/services/treatment-care)
- **Diabetes Health Tips (Video Series)**  
[www.southnassau.org/sn/diabetes-health-tips](http://www.southnassau.org/sn/diabetes-health-tips)
- **Diabetes Diet**  
<https://www.mountsinai.org/health-library/report/diabetes-diet>



## My Notes

