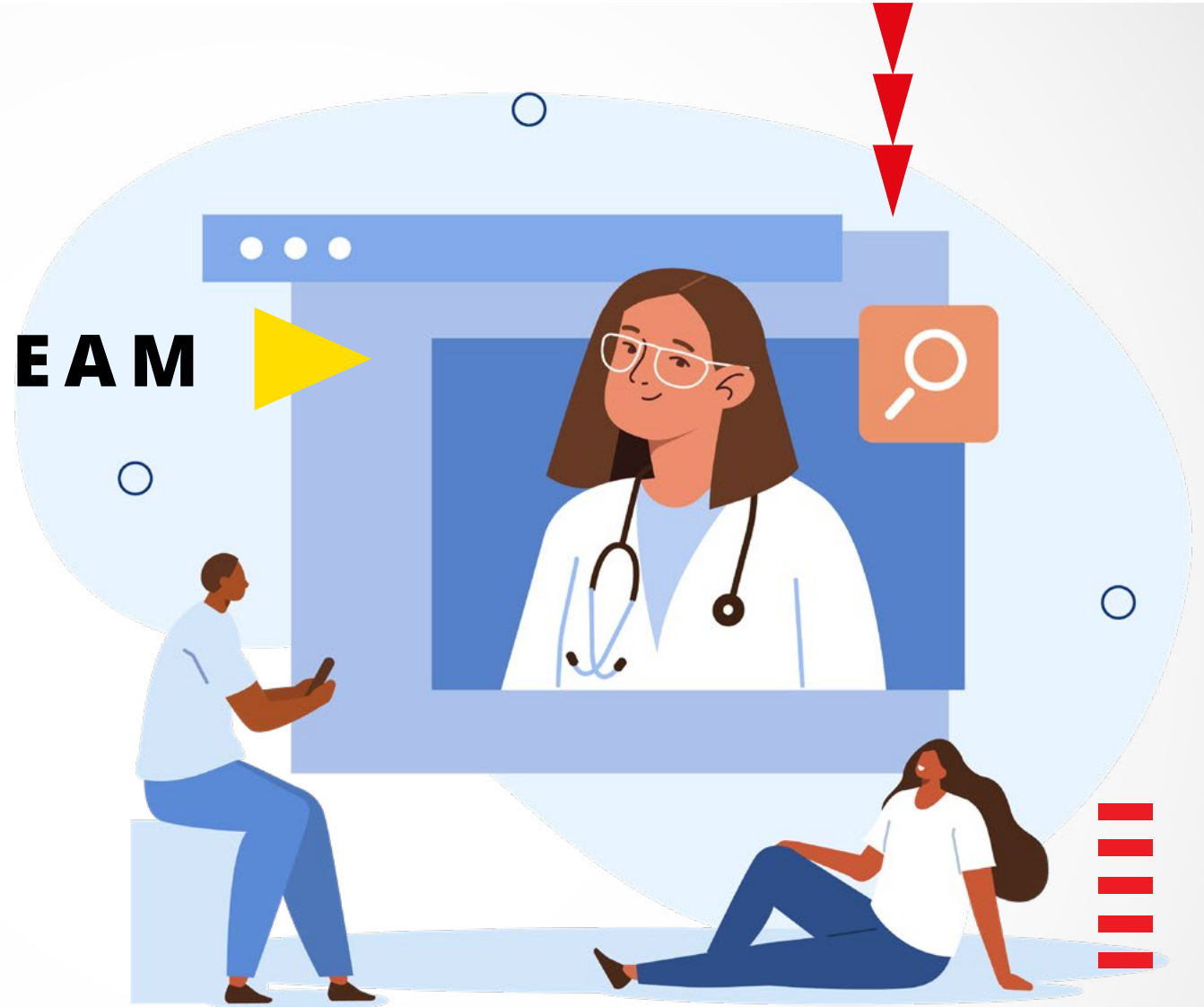


Questions to ask
YOUR CARE TEAM



QUESTIONS FOR YOUR DOCTOR



- 01 | Should I check my blood sugar levels at home with a glucose monitor? What type of glucose monitor is best for me?
- 02 | How often should I check my blood pressure levels? What information does my testing pattern give me?
- 03 | How can I upload my glucometer results so that my doctor and care team can see the results to help me manage my blood sugar levels?
- 04 | Why do I need to test at these times? What are my targets? What are my goals for our next visit?
- 05 | How often should I consult with my doctor?
- 06 | What are my goals regarding blood sugar levels?
- 07 | What are the warning signs or symptoms that my blood sugar level is too high? What should I do if my blood sugar levels is too high?
- 08 | What are the warning signs or symptoms that my blood sugar level is too low? What should I do if my blood sugar is too low? When do I need to report a hypoglycaemia (a hypo) to my doctor?
- 09 | How can I change my lifestyle and diet in a way that will be healthy?

- 10 | What are the side effects of my medicine or insulin?
- 11 | Will I always need medicine or insulin? How will you decide what treatment is the best for me?
- 12 | How does my medical aid cover this medicine? Are there alternatives that don't require additional payments?
- 13 | What are the long-term complications of diabetes, and how can I avoid them?
- 14 | Is it safe to exercise if I have diabetes? Do I need to adapt my medicines if I exercise regularly?
- 15 | How do other factors such as high cholesterol and high blood pressure affect me?
- 16 | How should I prepare to travel?
- 17 | What happens if I want to fall pregnant? (pre-pregnancy planning)?
- 18 | What happens if I want to fast (either Ramadan or intermittent fasting)?

QUESTIONS FOR YOUR DIABETES EDUCATOR



- 01 | How do we work together? What are our short-term and long-term goals?
- 02 | How should I draw blood to check my blood sugar levels at home?
- 03 | What type of glucose monitor is best for me?
- 04 | How do I use my glucose monitor?
- 05 | What can raise or lower my blood sugar?
- 06 | What can I do immediately to get high blood sugar readings down?
- 07 | Why do exercise and weight affect my blood sugar levels?
- 08 | Can I control my disease without medicine?
- 09 | Will my diabetes progress?
- 10 | Will I have to take insulin?
- 11 | Do I need a sick day management plan?
- 12 | What long-term exercise and diet changes can I make?
- 13 | What should I eat when I'm sick?
- 14 | What kind of infections should I watch out for?
- 15 | If I lose weight and exercise, will my blood sugar levels return to normal?
- 16 | Can workplace stress make my blood sugar level go up?
- 17 | Can diabetes affect a pregnancy?
- 18 | Will lack of sleep or poor sleep affect my blood sugar levels?
- 19 | Do I need to get a medic alert bracelet? Where should I keep emergency contact details?
- 20 | Do my family or car provider need to know anything or learn anything to assist me in any way, like in case of a sugar spike or drop?
- 21 | Can you explain basic foot care for my condition?



QUESTIONS FOR YOUR OPTOMETRIST OR OPHTHALMOLOGIST

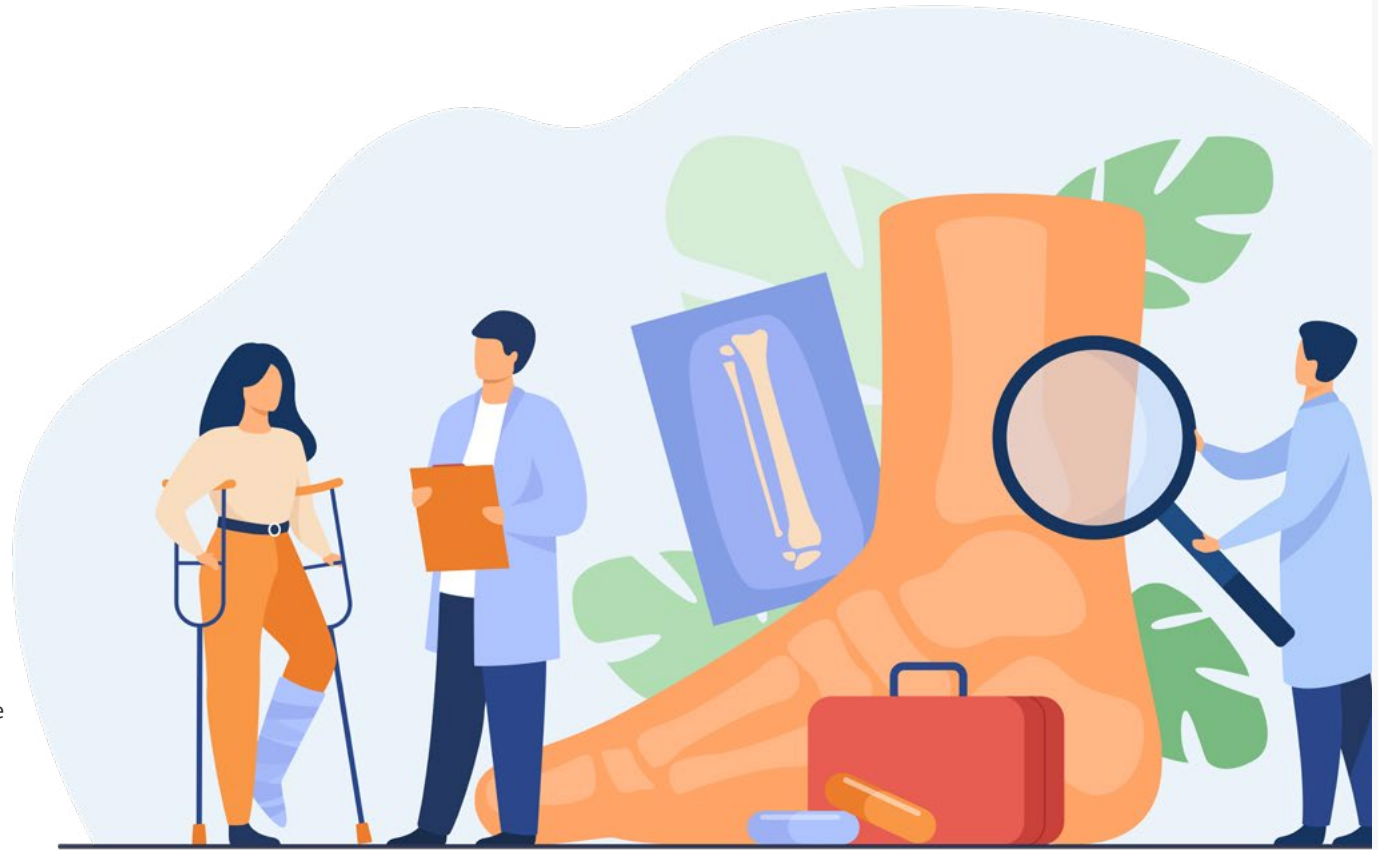
It is recommended to have a comprehensive eye exam every year. Here are questions to ask your doctor:

- 01 | Do you have many patients with diabetes?
- 02 | Can I have normal vision but underlying complications?
- 03 | Can this yearly check predict complications or changes in my condition?
- 04 | What kind of vision problems do people with diabetes have?
- 05 | Why does high blood sugar affect vision?
- 06 | What symptoms should I look out for? (blurriness, spots, etc.)
- 07 | Do I have any signs of eye trouble?

QUESTIONS FOR YOUR PODIATRIST

It is recommended to have a thorough foot exam once a year. Here's a list of questions:

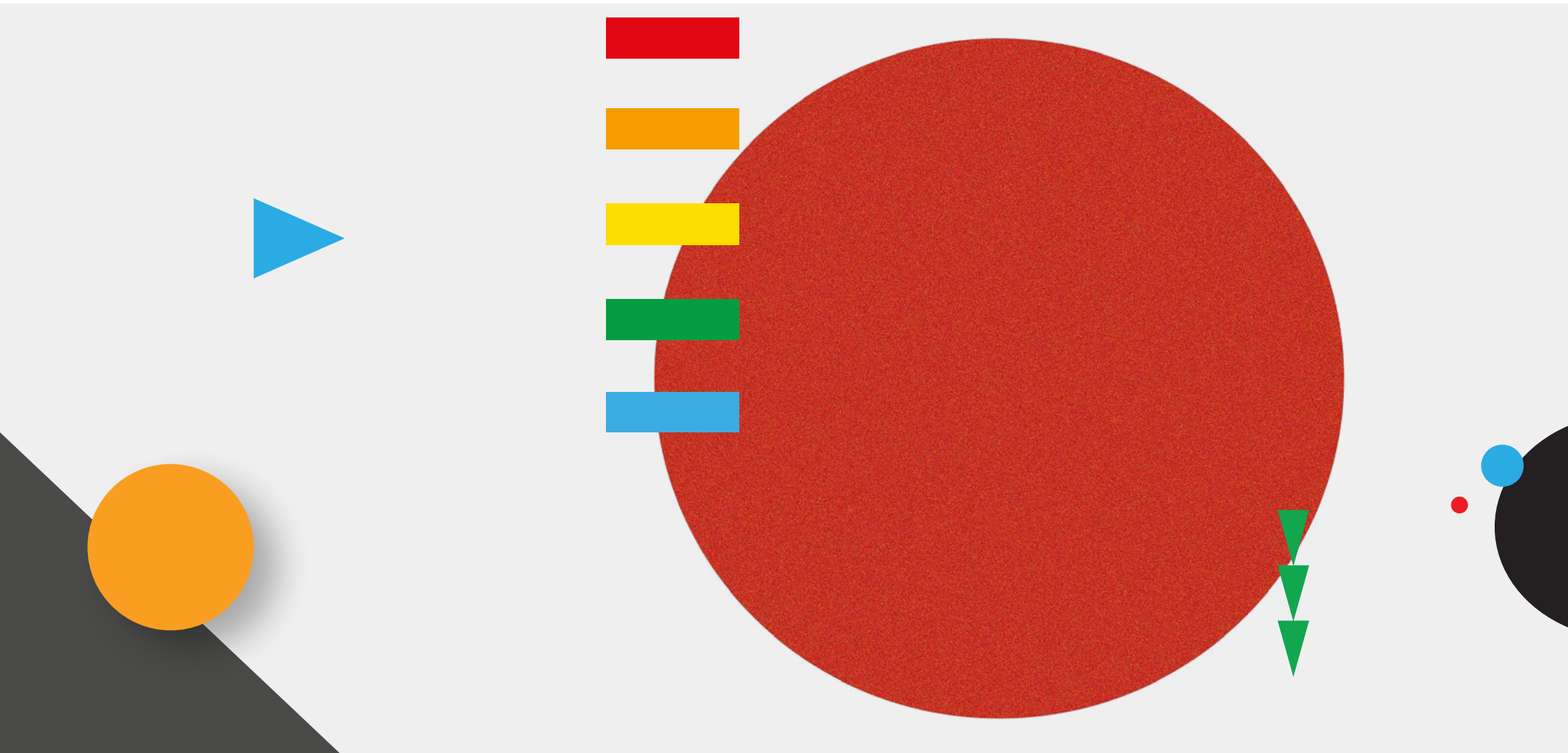
- 01 | Are you familiar with diabetes-related foot problems?
- 02 | What kind of shoes should I wear?
- 03 | How often should I check my feet?
- 04 | How can I make my shoes more comfortable?
- 05 | What would be a warning sign of foot problems?
- 06 | Can I still exercise if my feet hurt?
- 07 | What type of exercise would be best for someone with nerve damage in their feet?
- 08 | Should I cut my own toenails and trim calluses?
- 09 | Can you explain basic foot care for my condition?





QUESTIONS FOR YOUR DIETITIAN

- 01 | How does my diet affect my blood sugar, my cholesterol, and my risk for heart disease?
- 02 | Which foods contain carbohydrates (carbs)?
- 03 | How many carbs should I have per meal?
- 04 | How do I count carbs?
- 05 | If I'm overweight, how much weight should I lose to get my health back on track?
- 06 | What dietary changes can I make to improve my health?
- 07 | Can you help me draw up a meal plan?
- 08 | Where can I go to get help on how to eat well?
- 09 | Are high-carbohydrate and starchy foods forbidden?
- 10 | Are desserts forbidden?
- 11 | If I feel fine can I eat whatever I like again?
- 12 | What kinds of food should I eat more of? What kinds should I eat less of?
- 13 | Can I drink alcohol? How much?
- 14 | Can you explain what 'carb exchanges' means?
- 15 | Can I eat more protein?



Call Centre 0860 11 33 22 | service@discovery.co.za | www.discovery.co.za

University of KwaZulu-Natal Medical Scheme. Registration number 1520. Administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider.