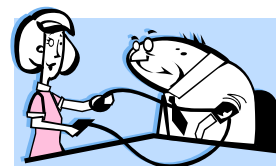




# GET THE MOST FROM YOUR DOCTOR VISITS



**Regular doctor visits are an important part of maintaining your health.**

**These simple tips will help you get the most from your doctor's appointments.**

## ***Be Prepared!***

- Bring a list of questions or concerns.
- Prepare a list of current medications (prescription and over-the-counter), dosages and allergies. Keep in your purse or wallet at all times.
- Bring a list of medications that need refilled.
- Prepare a list of past surgeries and hospital stays.
- Have your most recent insurance card with you.
- Keep dates and results of any lab work, including blood sugar, A1C, blood pressure, cholesterol, urine protein (microalbuminuria).
- Know what "good numbers" are for your lab values.

## ***During Your Visit:***

- Listen to your doctor's questions and answer them accurately and honestly.
- Make sure your questions or concerns are answered.
- Don't be afraid to ask questions!
- Show your doctor a list of recent blood sugar readings.
- Take your shoes and socks off at every doctor's visit and ask your doctor to check your feet.
- Make sure you have enough medication until your next visit.
- Make sure you have a return visit scheduled.

### **Ask Your Doctor:**

- Ask for a copy of your lab work and blood pressure.
- What is your most recent A1C? Is it in a “good range”?
- What your blood sugar should be before and after meals.
- What type and how much physical activity is best for you.
- If you need special shoes to protect your feet from pressure sores.
- How to stop smoking.
- If you need to add another medication to reach your diabetes goals.
- When you should have check ups for your eyes, teeth and kidneys.
- Ask for a yearly appointment with a diabetes educator or dietitian so you can learn how to keep your diabetes in control.
- If there is anything else you can do to keep your diabetes under control.

### **For Men.....**

- How will diabetes affect my sexual function?

### **For Women.....**

- What should I know before I become pregnant?
- How will my menstrual cycle or hormone pills affect my blood sugar?

<b>Goals for Diabetes Care</b>	
Blood Sugar	
Before meals	70 – 130 mg/dl
2 hours after meals	Under 180 mg/dl
Blood Pressure	Under 130/80 mmHg
A1C	Under 7%
Total Cholesterol	Under 200 mg/dl
LDL (bad) cholesterol	Under 100 mg/dl
HDL (good) cholesterol	Above 50 m/dl (women); above 40 mg/dl (men)
Triglycerides	Under 150 mg/dl

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care & Prevention  
in Upper Michigan since 1985*  
**(906) 228-9203**  
**[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)**

