

# Take Control of Your Diabetes With This Patient Checklist

*(Español al dorso)*

Use this patient checklist to help you take an active role in the treatment of your diabetes and to help make sure that you and your healthcare provider pay close attention to any problem areas.

## Did Your Doctor

- Talk to you about your current diabetes treatment plan that includes: exercise habits, meal plan, and diabetes medications?
- Ask you what other medications you're taking?
- Discuss your home blood sugar test results before and after meals?
  - Are they between 90 mg/dL and 130 mg/dL before meals?
  - Are they below 180 mg/dL (peak) after meals?
- Ask about problems with low blood sugar?
- Check your A1C?
- Tell you what your numbers are and what they mean? A1C should be <7.0% for patients in general. Talk to your healthcare provider.
- Give you an annual plan for seeing an eye doctor for a comprehensive eye exam?
- Check your blood pressure?
- Take blood for cholesterol tests every year?
- Request a urine microalbumin screen and serum creatinine blood test every year?
- For men, ask about erectile dysfunction (ED)?
- Ask you about any numbness, tingling, or pain in your hands or feet?
- Check your feet with your socks and shoes off?

AMERICAN DIABETES ASSOCIATION. STANDARDS OF MEDICAL CARE IN DIABETES.  
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