

Questions to Ask Your Doctor

Take these questions with you the next time you visit your doctor. He or she will be able to help you understand more about diabetes and what you need to do to manage it.

How many grams of carbohydrate should I have at each meal and snack?

Should I see a diabetes educator and/or a registered dietitian to learn more about carbs?

Is it OK for me to continue to drink alcohol?

How much alcohol is OK?

Is it OK for me to try a quit-smoking medication?

What methods do you recommended for quitting smoking?