

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.

What do I need to consider about managing my diabetes when I'm:

- Exercising?
- At school or work?
- Sick?
- Traveling?

What types of physical activities should I be involved in? Are there any I should avoid?

Do I need to lose weight?

If so, how much weight do I need to lose?

How much weight should I aim at losing each week?

What are my best options for diets?

Are there any weight-loss treatments that might work for me? If so, which ones?