

Communicating with Healthcare Providers

Working as a team with doctors,

It can be hard to manage your diabetes.

nurses, pharmacists, and others that you know and trust can help.



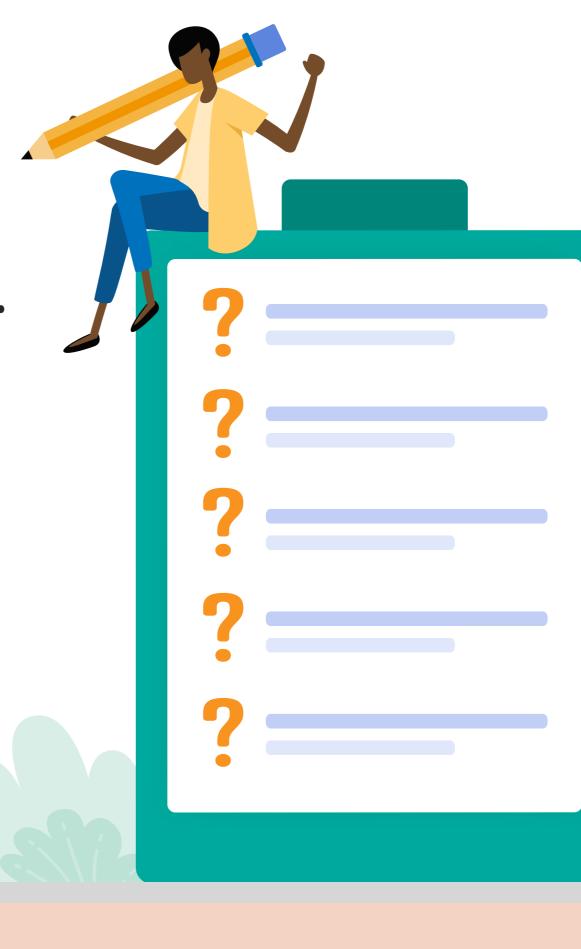
Bring a list of questions to

your appointments Ask questions to help you understand what your doctor tells you.

Some questions might be: — Why do I need to start another medication?

How will this medication

- help me? Does this medication have any risks?
- Bring a friend or family member with you.



you and your doctor talk about in your visit

Another person can help you to understand things that



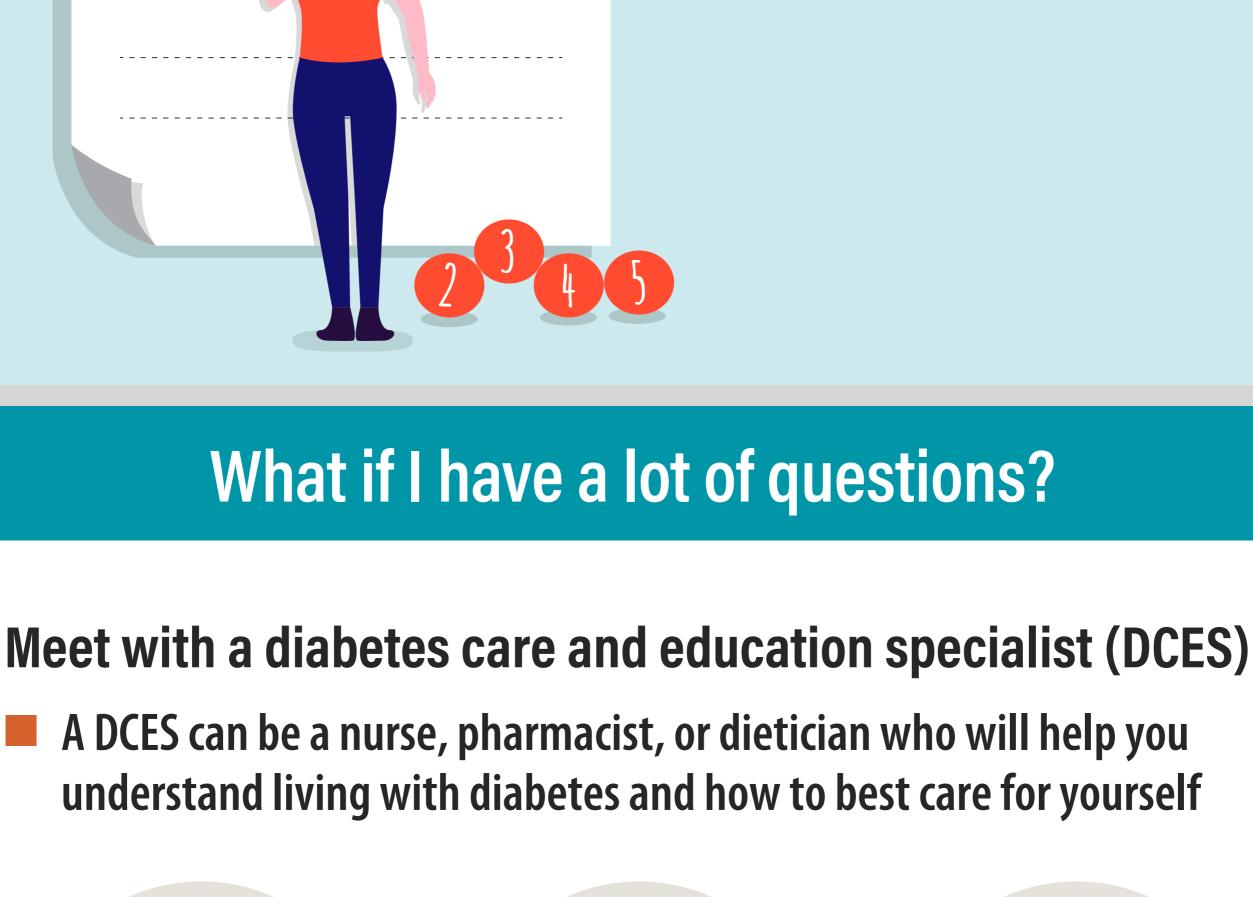
and help you with your concerns

Be sure your

takes the time

to talk to you





what you want to do

for your health

Pharmacist

You can learn how to:



important

Open and honest communication is

Diabetes is not a "fault".

Be sure that you have a

good about yourself

provider who makes you feel

Nurse

- **Check your blood glucose (or sugar)** Take your medicine Manage stress and emotional changes Reduce your risk of other health problems What do I need to know about talking
 - with my healthcare provider?

What if I did not take my medicine?

healthcare provider how many times you miss your dose, so they can help you

Do not take more or less of a medication without telling your healthcare provider If you need help remembering when to take your medication or you

It is normal to miss a dose from time to time. But you should tell your

- healthcare provider —There are tips for taking your medication
- -Your healthcare provider can also help you find ways to take less pills or injections

feel you have to take your medicine too many times in a day, talk to your

