

# Communicating with Healthcare Providers

It can be hard to manage your diabetes.

Working as a team with doctors, nurses, pharmacists, and others that you know and trust can help.



## How can I work with my diabetes care team?

### 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. Another person can help you to understand things that you and your doctor talk about in your visit



Be sure your healthcare provider takes the time to talk to you and help you with your concerns



Take time to think about your goals and what you want to do for your health

## What if I have a lot of questions?

### Meet with a diabetes care and education specialist (DCES)

- A DCES can be a nurse, pharmacist, or dietitian who will help you understand living with diabetes and how to best care for yourself



Nurse



Pharmacist



Dietitian

You can learn how to:

- Eat healthy
- Be active
- 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?

- Open and honest communication is important

- Diabetes is not a “fault”. Be sure that you have a provider who makes you feel good about yourself



## What if I did not take my medicine?

- It is normal to miss a dose from time to time. But you should tell your 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 feel you have to take your medicine too many times in a day, talk to 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

