

DISCUSSION GUIDE TO HELP YOU TALK WITH YOUR HEALTHCARE PROFESSIONAL

Start by checking the items that you may be experiencing:

- Feeling that you're not getting the results you want from your efforts to manage your diabetes*
- Having frequent blood sugar highs and lows*
- Frequent episodes of high blood sugar and low blood sugar leave you feeling low, irritable and tired*
- Worrying about a low blood sugar episode*
- Other:*

Below are some factors that are known to cause blood sugar fluctuations. Check the areas you'd like to discuss:

The medication I take

Is your current treatment the most appropriate for you?

Certain diabetes medications, including insulins and their doses, affect blood sugar levels and may produce different results in different people. Even if you follow your prescribed treatment exactly as your healthcare professional has recommended, you may still experience highs and lows. You're not alone. It's important to feel confident and happy with your diabetes management. Why don't you ask your healthcare professional if your treatment doses are appropriate or if other more suitable treatment options may be available for you?

My diet

Can your healthcare professional recommend a better diet plan with your treatment option?

A good meal plan should fit with your schedule, eating habits and medical treatment. Ask your healthcare professional to help you find the right meal plan that will complement your diabetes treatment option and help you achieve your target blood sugar level.

When I'm not feeling well

Does your current or chronic illness have an impact on your diabetes treatment?

Having the common cold, flu or suffering from allergies can have an impact on your diabetes medication treatment and therefore keep you from achieving your target level of blood sugar control. Tell your healthcare professional about any other medical condition you may have. Small changes to your current treatment may help you manage your blood glucose better during an illness.

My level of activity

Is your level of physical activity impacting your blood sugar control?

Regular exercise and a healthy diet combined with an adequate/customised diabetes medical treatment are important to manage your highs and lows. Speak to your healthcare professional about the level of exercise that may be good for you. He/she will be able to tell you if you need to change your level of activity, your meals or your medical treatment to achieve a better blood sugar balance.

Times when I feel low or stressed

Discuss with your healthcare professional your levels of stress and your state of emotional well-being, as these factors may affect your glycaemic control.

There is an emotional burden that comes with managing a chronic condition like diabetes. You're not alone, many people with diabetes often experience high levels of diabetes-related distress and anxiety. The stress of daily management with different results in blood sugar levels can be frustrating and overwhelming. Talk to your healthcare professional, he/she can reassure you by helping you to customise your diabetes medical treatment.

My notes

Use the space below to make notes on which of the above you would like to discuss:

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