If you’ve ever had trouble talking to your doctor about your Type 2 diabetes, use this handy guide to help you get the information you need.

Here are some topics you may want to cover along with key questions to ask.

Remember, the best way to make sure your diabetes is being managed in the optimal way for you is to use simple, direct communication.

Don’t be afraid to ask a lot of questions.

TOP TIPS

It helps to ask the right questions - a little research before your visit can go a long way! It will help you to have a more informed discussion to get all of the information you need.

Research before your appointment, use the internet, but stick with reliable sources your doctor will respect.

If you don’t understand an answer, it is important to keep asking questions until you do understand.

Write down the answers to your questions or take notes – this will make sure you remember your conversation.

It can be helpful to take a family member or friend with you when you go to your appointments. They can remind you about things you planned to tell or ask and also help you remember what the doctor says.

WRITE YOUR OWN QUESTIONS BELOW...

TOPICS YOU MAY LIKE TO ASK ABOUT

Ask about your health in relation to your diabetes
- How do you think I’m doing with managing my diabetes?
- Does my diabetes seem to be progressing?
- What steps can I take to avoid other issues, like foot problems, nerve damage, gum disease and worsening eyesight?

Ask about your heart and kidneys
- How does my diabetes affect my heart and kidney health?
- What is heart failure? What is kidney disease?
- Am I at early risk of cardiovascular complications, such as heart failure or kidney disease?
- Why are people with Type 2 diabetes at higher risk of developing these diseases?

Ask about ways you can reduce your heart and kidney risk
- How can I reduce my risk of heart failure or kidney disease?
- Can exercise, diet and lifestyle choices help to reduce the risk or do I need further medication support?

Ask what tests are needed to assess your heart and kidney health
- What tests will I need to have?
- Should my family members also be tested?

Ask about your treatments
- What would cause the need for a change in my diabetes treatment?
- If I’m diagnosed with heart or kidney problems associated with my diabetes, will I need to have further medication?
- How do I know if my treatment is working?
- Will my treatment change over time? If so, why?

Ask for other sources of information and people to contact
- Can you recommend other sources of information?
- Who can I contact if I have more questions or in an emergency?
- If I am feeling low or worried about my condition, is there someone I can talk to?