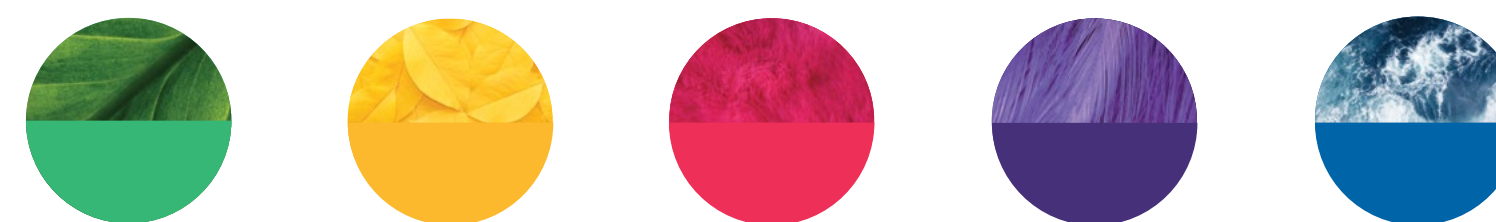




Questions to ask your **Care team**

These are questions you may want to ask your care team about in your next consultation

2025



WE'RE IN IT FOR YOUR HEALTH



QUESTIONS FOR YOUR

Doctor



LIFESTYLE CHANGES

- How can I change my lifestyle and diet in a way that will be healthy?
- Is it safe to exercise if I have diabetes?

VISITS WITH YOUR DOCTOR

- How often should I consult with my doctor?

GLUCOSE MONITORING

- What are my goals regarding blood sugar levels?
- How often should I check my blood sugar levels at home with a glucose monitor?
- How can I share my glucometer results so that my doctor and care team can see the results to help me manage my blood sugar levels?



[HOME](#)

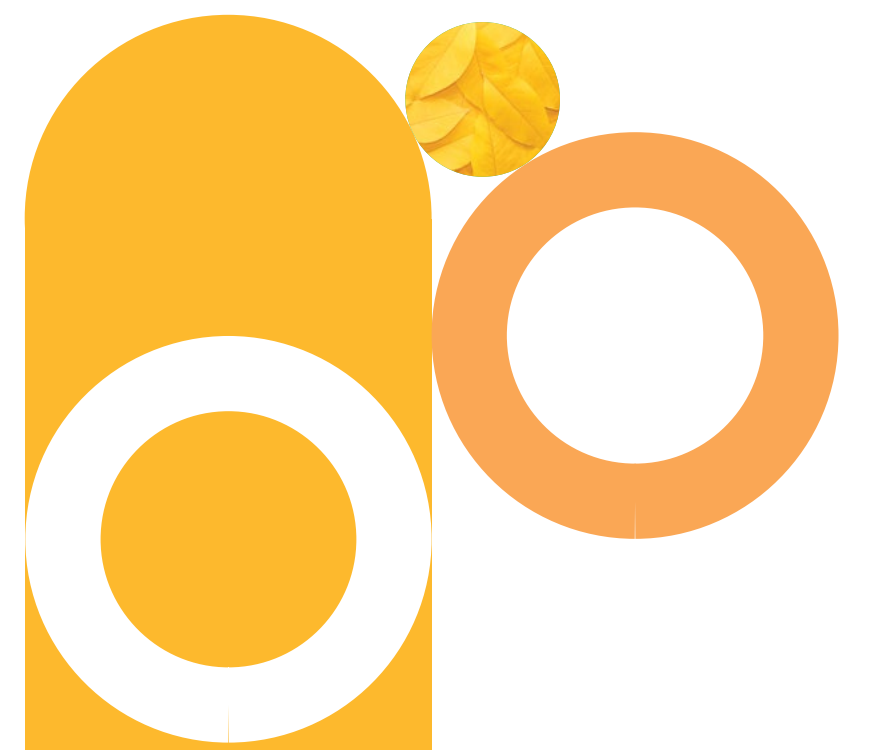
[QUESTIONS FOR YOUR DOCTOR](#)

[QUESTIONS FOR YOUR DIABETES EDUCATOR](#)

[QUESTIONS FOR YOUR OPTOMETRIST OR OPHTHALMOLOGIST](#)

[QUESTIONS FOR YOUR PODIATRIST](#)

[QUESTIONS FOR YOUR DIETITIAN](#)



QUESTIONS FOR YOUR Doctor

TREATMENT

- What are the side effects of my medicine?
- Will I always need chronic medicine?

DIABETES COMPLICATIONS

- How often should I have my feet screened?
- How often should I have my eyes screened?

DIABETES-RELATED WARNING SIGNS

- What are the warning signs or symptoms that my blood sugar level is too high?
- What should I do if my blood sugar levels are too high?
- What are the warning signs or symptoms that my blood sugar level is too low?
- What should I do if my blood sugar is too low?
- When do I need to report a hypoglycaemia (a hypo) to my doctor?

OTHER TOPICS

- How often should I check my blood pressure levels?
- How does LA Health cover this medicine? Are there alternatives that don't require additional payments?
- How do other factors such as high cholesterol and high blood pressure affect me?
- How should I prepare to travel?
- What happens if I want to fall pregnant? (pre-pregnancy planning)
- What happens if I want to fast (either Ramadan or intermittent fasting)?



QUESTIONS FOR YOUR

Diabetes Educator

LIFESTYLE BEHAVIORS

- What can raise or lower my blood sugar?
- What long-term exercise and diet changes can I make?
- If I lose weight and exercise, will my blood sugar levels return to normal?
- Can workplace stress make my blood sugar level go up?
- Why do exercise and weight affect my blood sugar levels?

RELATIONSHIP WITH YOUR DIABETES EDUCATOR

- How often should I be visiting my diabetes nurse educator?
- What are my short term goals?
- What are my long term goals?

GLUCOSE MONITORING

- How should I use my glucose monitor?
- What are my short term goals?
- What are my long term goals?

OTHER TOPICS

- Do I need to get a medic alert bracelet?
- Do my family or care provider need to know anything or learn anything to assist me in any way, like in case of a low blood sugar episode?
- Can you explain basic foot care for my condition?



QUESTIONS FOR YOUR

Optometrist or Ophthalmologist

It is recommended to have a comprehensive eye exam every year
Here are questions to ask your doctor:

01. What kind of vision problems do people with diabetes have?
02. Can I have normal vision but underlying complications?
03. Can this yearly check predict complications or changes in my condition?
04. How does high blood sugar affect vision?
05. What symptoms should I look out for? (blurriness, spots, etc.)



HOME

QUESTIONS FOR
YOUR DOCTOR

QUESTIONS FOR YOUR
DIABETES EDUCATOR

QUESTIONS FOR YOUR
OPTOMETRIST OR
OPHTHALMOLOGIST

QUESTIONS FOR
YOUR PODIATRIST

QUESTIONS FOR
YOUR DIETITIAN



QUESTIONS FOR YOUR Podiatrist



It is recommended to have a thorough foot exam once a year. Here's a list of questions:

01. How often should I check my feet?
02. What would be a warning sign of foot problems?
03. Can you explain basic foot care for my condition?



QUESTIONS FOR YOUR Dietitian

01. How does my diet affect my blood sugar, my cholesterol, and my risk for heart disease?
02. What dietary changes can I make to improve my health?
03. Can you help me draw up a meal plan?
04. How do I count carbs?
05. How much alcohol is safe for me to drink?





WE'RE IN IT FOR YOUR HEALTH

● CLIENT SERVICES 0860 103 933 ● WWW.LAHEALTH.CO.ZA ● SERVICE@LAHEALTHMS.CO.ZA ● REPORT FRAUD ANONYMOUSLY 0800 004 500 ●



LA Health Medical Scheme, registration number 1145, is administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07. Discovery Health (Pty) Ltd is an authorised financial services provider.

