

talking with your doctor about diabetes



What is hardest or causing you the most concern about caring for your diabetes at this time? (For example following a diet, medication, stress, cost, complications)

Write down a few words about what you find difficult or frustrating about the concern you mentioned above.

How would you describe your thoughts or feelings about this issue?
(For example confused, angry, frustrated, worried, hopeful, depressed, curious)

What would you like your doctor to do during your visit to help address your concern? (Circle the letters in front of all the options that apply.)

- A. Work with me to come up with a plan to address this issue.
- B. I don't expect a solution. I just want my doctor to understand what it is like for me.
- C. Refer me to another health professional or other community service.