

See Your Doctor Regularly

WHAT SHOULD YOUR DOCTOR DO?

Your doctor can help you lower your risk of health issues. See your doctor for an office or tele-health visit at least every six months, or more often, as needed.

YOUR DOCTOR WILL HELP:

- Manage your A1C, blood pressure and cholesterol:
 - **A1C:** The goal is usually around 7, or a number your doctor gives you.
 - **Blood pressure:** The goal is usually less than 140/90.
 - **Cholesterol:** The goal is low LDL cholesterol.
- Test your urine to check for kidney disease.
- Do a foot exam to check for changes in feeling and for any sores.
- Get your eyes checked once per year.
- Get your vaccines for influenza (flu) and pneumonia.



WHAT SHOULD YOU TALK ABOUT WITH YOUR DOCTOR?

At any doctor visit, you can ask some of these questions:



Should I check my blood sugar at home?

This may help you learn how to reach your goals.



What should I do if I forget to take my medicine?

This is important because forgetting to take medicine happens. Your doctor may not want you to wait until your next dose is due.



What can I do about sexual issues?

These may be related to your diabetes.



What should I do if I have issues with my medicine?

If you have issues with or concerns about your medicines, worry about their side effects, forget to take them or they are too expensive, your doctor may have a solution.



What else can I do to lower my chance of health issues such as heart disease and stroke?

People with diabetes have a higher risk for these issues.