

Diabetes is a complex condition and treatment involves not just lowering blood glucose (blood sugar) but also blood pressure and cholesterol. There are targets for these measurements and you need to know if your measurements have achieved these targets.

In addition, your kidneys, eyes and feet must be regularly screened to prevent health problems (diabetes complications).

To make your consultation with your doctor/nurse more effective, here are some **additional** things to tell and ask them.

Things to tell your nurse/doctor. Please let them know if:

1. Your eyes or feet are not regularly checked. A list of approved optometrists will be given to you, and you will be seen by your nurse for a foot check or referred to the podiatrists, so that you can get your eyes and feet regularly checked.
2. You have pains or pins and needles in your feet or legs or problems getting shoes to fit
3. You have problems with sexual activity (especially erections in men).
4. You are gaining weight or having hypos (low blood sugar of less than 4 mmol/l).
5. You have any side effects with prescribed medication (e.g. dry cough with blood pressure tablets (ACE Inhibitors), stomach upset or diarrhoea with metformin for diabetes).

Questions to ask your doctor or nurse:

1. What is my **blood pressure** and what is the target we are aiming for?
2. What is my **HbA1c** (average measure of your glucose level over 6-8 weeks) and what is the target we are aiming for?
3. What are my **lipids** (lipids are fats in your blood) and are they at target? There are 4 types of lipids that we currently monitor; total cholesterol, triglycerides, low density lipoprotein (LDL) and high density lipoprotein (HDL-this is the good lipid and we want this to be high).
4. Have I had my urine **ACR** (**A**lbumin **C**reatinine **R**atio) checked and is it normal or high? Urine ACR is a way of detecting early warning signs of kidney damage. If the ACR is constantly high, you may need certain drugs called ACE inhibitors or AT 2 blockers to protect your kidneys.

If your results are not within target, ask if there is anything else that can be done to improve the situation.

