

Just Ask: Questions for Your Doctor

Find Out If You're at Risk of Type 2 Diabetes

Ask.
Screen.
Know.





My father had diabetes. After seeing what he went through, I didn't want to think about having it myself. Lucky for me, I took the Diabetes Risk Factor Assessment and found out I was at risk of type 2 diabetes. I asked my doctor what it meant and whether I should be screened. He told me there are a lot of things I can do, like eating right and exercising, to stay healthy and help lower my risk.

Don't put off thinking about diabetes. Do what I did and **complete the Diabetes Risk Factor Assessment on the back page of this guide**. If you have one or more risk factors, see your doctor right away. Use this guide to prepare for your appointment and bring it with you to make sure you get the answers you need.

Here's to your health,

Rev
Run

What is diabetes?

Your body needs insulin to transform blood sugar into energy. Diabetes occurs when your pancreas doesn't produce enough insulin or because your body can't process it.

What if I'm at risk of or have type 2 diabetes?

There are steps you can take to live a healthy life, including: eating a healthy diet, exercising, taking medicine (if needed), and testing your blood sugar regularly.

Keep in mind that your test results could show you have prediabetes. Prediabetes means your blood sugar is higher than normal but not high enough to be classified as type 2 diabetes.

How will my doctor know if I have diabetes?

Certain risk factors, like being African American or over aged 45, can increase your risk of developing type 2 diabetes. If your doctor thinks you should be screened, he/she will test you for high blood sugar (also called hyperglycemia).

Take Control of Your Health

Make a Doctor's Appointment

If you have a doctor, make an appointment to talk about your risk of diabetes and whether you should be screened. If you don't have a doctor or health insurance, go to findahealthcenter.hrsa.gov to find a health center where you may be able to pay what you can afford.

Bring Your Completed Diabetes Risk Factor Assessment and Questions

Fill out the Diabetes Risk Factor Assessment on the last page of this guide and bring it to your doctor's appointment. Use this guide to prepare your questions ahead of time.

Be Honest with Your Doctor

When your doctor reviews your diabetes risk factors and symptoms, he/she may ask what you eat, how often you exercise, and who in your family has diabetes. Give your doctor the facts so he/she can help you take steps toward better health.

Put Yourself First

Schedule your appointment at a convenient time and give yourself plenty of time to get to and from the appointment.

Ask the Right Questions

Make the most of your time with your doctor by asking good questions. Here are a few suggestions; write more in the spaces below and bring them to your appointment.

- How can I find out if I have type 2 diabetes?
- What do my screening results mean?
- If I am diagnosed, what will happen next? What can I expect as I get older?
- If I have diabetes, do I need to take medicine to manage the disease?
- How long will I have to take medicine?
- _____
- _____
- _____

Plan Your Next Steps

Schedule a Follow Up Appointment

Before you leave your doctor's office, schedule an appointment to discuss your diabetes screening results. If you weren't screened for type 2 diabetes, ask if you need a follow up appointment.

Get on the Right Path

Ask your doctor what lifestyle changes you should make to improve your health and help lower your risk of type 2 diabetes.

Talk to Your Family

Read the Dinnertime Conversation Guide at AskScreenKnow.com for help when talking with your family about diabetes risk factors and steps to healthy living.

TIP

Doctor's appointments can feel rushed and overwhelming — but you deserve answers to all your questions. If you don't get the answers you need, give the nurse a list of questions and ask to hear back with more information.

Learn More

Cornerstones4Care®

Cornerstones4Care.com

Contains comprehensive, customizable online support program from Novo Nordisk to help people living with diabetes.

American Diabetes Association

Diabetes.org | 1-800-DIABETES (1-800-342-2383)

Provides comprehensive information on diabetes and background on the organization's activities.

Centers for Disease Control and Prevention

www.cdc.gov/diabetes/consumer/index.html |

1-800-CDC-INFO (800-232-4636)

Translates diabetes research into daily practice to understand the impact of the disease, influence health outcomes, and improve access to quality health care.

National Diabetes Education Program

NDEP.nih.gov | 1-888-693-NDEP (1-888-693-6337)

Contains information on diabetes, including ways to control or prevent the disease, for patients, parents, children, and high-risk minority populations.

Know Your Risk

Mark your risk factors and symptoms below, and share the results with your doctor.

Diabetes Risk Factor Assessment

Check all that apply to you

- | | |
|---|--|
| <input type="checkbox"/> Being aged 45 years or older | <input type="checkbox"/> Being a member of certain ethnic groups <ul style="list-style-type: none">• Non-Hispanic Black• Hispanic/Latino American• Asian American and Pacific Islander• American Indian and Alaska Native |
| <input type="checkbox"/> Lack of physical activity | |
| <input type="checkbox"/> Being overweight | |
| <input type="checkbox"/> High blood pressure | |
| <input type="checkbox"/> Diabetes in the family | <input type="checkbox"/> Having had diabetes during a pregnancy, or giving birth to a baby who weighed more than 9 pounds |

Symptoms

Circle all the symptoms you experience. If you are experiencing any of these symptoms, please contact your doctor as soon as possible.



VERY THIRSTY



URINATING OFTEN



HUNGRY EVEN WHEN EATING



UNUSUAL WEIGHT LOSS



VERY TIRED



BLURRY VISION



CUTS/ BRUISES THAT ARE SLOW TO HEAL



NUMB HANDS OR FEET

Novo Nordisk Inc.
800 Scudders Mill Road
Plainsboro, NJ 08536
NovoNordisk-US.com

Ask.
Screen.
Know.

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