

- **Control your Blood Pressure**

See your doctor and find out if your blood pressure is at goal

- **Control your Cholesterol**

See your doctor and find out how to improve your cholesterol

- **Quit Smoking**

See your doctor for help on how to quit smoking

Keep a health journal. Whenever you think of anything you want to talk about, write it down. The journal should also be used to record what happens during the visit. It is especially important to discuss diabetes if you have risk.

Almost all health insurance now covers an Annual Wellness Visit, where you can ask questions on these topics. Include a family member or friend to take notes during this visit. And remember to bring to your visit every medication, vitamin, herb, supplement, patch, inhaler and spray that you use.

Be bold, and speak up! It's your health and nothing is more important. Your primary care doctor is your coach and advocate, but you are the most important player on the team.



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www.mssny.org*

Supported by an unrestricted grant from AstraZeneca

Talking to Your Doctor About

DIABETES



Developed by the

Medical Society of the State of New York
Committee on Healthcare Disparities &
Committee on Preventive Medicine
and Family Health

SHOULD YOU CARE ABOUT PRE-DIABETES AND DIABETES?

YES!



People who are African American, or Latino/Hispanic are at increased risk for having pre-diabetes and diabetes.

Pre-diabetes and diabetes are also common in people over 65, because as people get older we tend to gain weight and become less active. If you're over 65, talk with your doctor about getting tested.

Women who are particularly at risk include those who had gestational diabetes when they were pregnant, and women who have polycystic ovarian syndrome.

WHAT IS THE DIFFERENCE BETWEEN PRE-DIABETES AND DIABETES?

Diabetes is a disease where blood sugar goes too high, or stays high for too long. Prediabetes is the same thing, but the blood sugar doesn't go quite as high or for as long as in diabetes.

It's like the difference between two shades of blue - sometimes there is very little difference other than what it's called. Many people with diabetes have blood sugars that are only a little bit worse than his or her friend with pre-diabetes.

The problem is that damage to eyes and kidneys starts during pre-diabetes,

when the blood sugar is only a little bit too high. So don't wait until you have diabetes to do something about it!

WHAT ARE MY CHANCES OF HAVING PRE-DIABETES?

In addition to groups previously mentioned, here's a questionnaire that can help estimate your risk:

If you answer 'Yes' to any of these 6 questions, give yourself the number of points to the left of the question:

- 5 In the height table, below, do you weigh more than the weight next to your height?
- 5 Do you get little or no exercise in a typical day?
- 5 Are you between 45 and 64 years of age?
- 5 Are you a woman who gave birth to a baby weighing more than 9 pounds?
- 1 Do you have a parent with diabetes?
- 1 Do you have a sister or brother with diabetes?

Height	Weight (lbs)
4'10"	128
4'11"	132
5'0"	137
5'1"	142
5'2"	146
5'3"	151
5'4"	156
5'5"	161
5'6"	166
5'7"	171
5'8"	176
5'9"	181
5'10"	187
5'11"	192
6'0"	198
6'1"	203
6'2"	209
6'3"	215
6'4"	220



Add up your points for the 6 questions. The higher your score, the more important it is to talk with your doctor about pre-diabetes. If you scored:

1-7 points: your chances of having pre-diabetes are probably low.

8-10 points: your chances are increased.

11-14 points: your chances are high.

15 points or more: your chances are very high.

The most important part of a relationship between a patient and his or her doctor is communication, *so talking to your doctor is a key part of preventing diabetes and its complications.* At least once a year you should make a list of questions that you have about diabetes.

Here are a few things you can talk about:

- **Move!**

Get walking and sweating 30mins every day

- **Lose Weight**

Make more than half your plate fruits and vegetables at every meal