

Type 2 diabetes prevention: Questions for your doctor

You may wish to print this sheet and use it while talking to your healthcare provider

General Questions

Notes

Am I at risk for prediabetes or type 2 diabetes?

Do you recommend that I get tested for prediabetes or type 2 diabetes?

Are there any warning signs of diabetes I should watch for?

Does my weight put me at risk for type 2 diabetes?

If I'm overweight, how much weight do I need to lose to lower my risk?

How much physical activity should I get to prevent or delay type 2 diabetes?

What changes can I make to my diet to help prevent or delay type 2 diabetes?

What are some healthy ways to lose weight and keep it off?

What are my blood pressure numbers and cholesterol levels, and what should they be?

Do my blood pressure numbers and cholesterol levels put me at risk for type 2 diabetes?

Can you give me some information about preventing type 2 diabetes to take home with me?

Can you recommend a diabetes prevention program nearby?
