

1. What is going on in my body that causes my diabetes?

2. How often should I check my blood glucose?

3. What are the best times to check my glucose?

4. What will I feel like if my blood glucose is too low or too high?

5. Will I be able to tell if my blood glucose is too low, or too high if I don't have a glucose meter?

6. What should I do if my blood sugar suddenly drops?

7. What should I do if my blood sugar is too high?

8. How does adjusting my diet affect my diabetes?

9. How does exercising affect my diabetes?

10. Do I have to stop eating sweets (carbohydrates)?

11. Do I need to follow a special diet?

12. Will I be put on medication for my diabetes? If so, what medication?

13. How does my diabetes medication work? What are potential side effects?

14. How can I best manage side effects of my diabetes medication?

15. Why do I need to take insulin?

16. How does insulin work?

17. What is the best way for me to take my insulin?

18. What happens if I take too much insulin?

19. What happens if I take too little insulin?

20. Can I stop my diabetes medication if I lose weight?
