Questions and tests to ask your doctor

Type 2 diabetes

Has this been checked? If not, what would it change?

1. A1C - your average blood sugar over the past three months.
   Ask: “What was my A1C last time, and when is the next one due?”
Source: Diabetes Canada; BC Guidelines: Diabetes Care (every 3 months while adjusting, 6 months when stable)

2. Kidney check - eGFR and urine ACR - one test for how well the kidneys filter, one for protein leaking into the urine.
   Ask: “Have both been done, the eGFR and the urine albumin-to-creatinine ratio?”
Source: Diabetes Canada; KDIGO 2024

3. Lipids - cholesterol and triglycerides, part of your heart-risk picture.
   Ask: “When were my lipids last checked, and what were the numbers?”
Source: Diabetes Canada

4. Blood pressure at every visit - taken sitting, after five minutes, with the right cuff size, averaged.
   Ask: “Was my blood pressure taken with the standard method today, and what was it?”
Source: Hypertension Canada

5. Feet - nerve sensation and circulation, at least once a year.
   Ask: “When were my feet last checked for sensation and pulses?”
Source: Diabetes Canada

6. Eyes - a dilated retinal exam, because early changes have no symptoms.
   Ask: “When was my last dilated eye exam, and when is the next one due?”
Source: Diabetes Canada

7. Weight and waist - the trend, not a single weigh-in.
   Ask: “How have my weight and waist changed since last year?”
Source: Diabetes Canada

8. Medication review - what each pill is for, which ones can cause lows, and which vaccines are due.
   Ask: “Can we go through my medications, and am I due for any vaccines?”
Source: Diabetes Canada; provincial immunization schedules

The four questions about your results

- What is my number? the actual value, written down.
- What was it last time? the trend matters more than one result.
- What is my target, and why that one? targets are individual.
- If it is off, what happens next? the plan, the interval, the reason.

RED FLAGS

Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.

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