

Questions to Ask Your Doctor About Diabetes Medicine

Understanding Diabetes

Diabetes is a health condition that can increase your blood sugar levels. Your blood sugar can be affected by the food you eat, your level of stress, how much you exercise and more. Having too much sugar in your blood can harm your organs and cause health problems.

Diabetes affects an organ in your body called the pancreas, which makes the insulin hormone. Insulin's role is to help glucose— or sugar — from the food you eat get from your blood into your cells. Your cells use glucose as energy.

The most common forms of diabetes are:

Type

1 DIABETES

The body can only make a very small amount of insulin or none at all. This occurs when the body's immune system attacks and destroys the cells in the pancreas which makes insulin.



Type

2 DIABETES

The body does not make enough insulin or does not use it well. Some common reasons for this are due to being overweight, not being physically active, insulin resistance or genes.



GESTATIONAL DIABETES

Some pregnant women get this type of diabetes which goes away after the baby is born. Gestational diabetes can increase the risk of developing type 2 diabetes in the future.



Currently, there is no permanent cure for diabetes. However, there are steps you can take to control your diabetes and stay healthy. Diabetes can be managed by living a healthy lifestyle that includes:



Monitoring your blood sugar



Keeping a healthy weight



Physical activity



Taking medicines as prescribed by your doctor



Healthy diet

Diabetes medicines come as a pill or as an insulin injection. Knowing how your medicines work is very important and can help you correctly manage your diabetes. You should ask your doctor these questions about your diabetes medicines:

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To learn more, please call CalOptima's Health Management at **1-888-587-8088**. We are here to help you Monday through Friday from 8 a.m. to 5 p.m. TTY users can call toll-free at **711**. We have staff who speak your language. Visit us at **www.caloptima.org**.

Source: www.nih.gov



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