Your Pharmacist

- Make a list of all your medicines, the dosage of each, and how you take them including vitamins, herbals and home remedies.
- Review this list with your pharmacist once a year and every time it changes.
- Ask your pharmacist how to use your medicines and supplies to get the best results and lowest costs.

Your Doctor or Foot Care Provider

- Ask for a complete foot exam every year and get your feet checked at each visit.
- Find out what you should do if you have foot problems.
- Ask how you should check your feet yourself every day.
- Find out what type of footwear is right for you.

Your Eye Care Provider

- Each year, request a complete eye exam with dilated pupils.
- Ask for an eyeglasses check to make sure they are the best for your needs.
- Find out how controlling your blood sugar can help protect your vision.
- Find out what you should do if your vision changes.

Your Dental Provider

- Request a complete mouth exam once per year.
- Make sure you understand the best way to brush your teeth and floss.
- Find out about early warning signs of tooth, mouth and gum problems.
- Ask your dentist to explain the link between blood glucose control and gum disease.

If you use tobacco – QUIT! Tobacco use increases diabetes eye, foot, kidney and gum disease.