



Talking to Your Doctor: A Discussion Guide

Taking good care of yourself when you have type 2 diabetes can be a lot of work. So make sure you see your doctor regularly to check how you're doing and to help prevent long-term health problems.

To help make the most of your doctor visits, go prepared. Try to take these things with you:

- A record of your daily sugar tests or your glucose meter with the stored information
- A list of medicines you're taking, including over-the-counter medicines, vitamins, and herbal supplements (You can put all your medications into a plastic bag and take them with you.)
- Notes about any health problems you've had
- A list of questions you'd like to ask your doctor

If you're not sure what to ask your doctor, you can use these questions to help get the conversation started:

1. What are my ABC numbers?
 - A for A1C • B for blood pressure • C for cholesterol
2. What should my ABC target numbers be?
3. How often should I check my blood sugar?
4. Will I notice any warning signs if my blood sugar is too high or too low?
5. Should I speak to a registered dietitian to review what I eat?
6. Do I need to lose weight?
7. Which exercises would be best for me?
8. What tests do I need to have done to check my eyes, feet, kidneys, nerves, and heart?
9. Should I attend a class with a diabetes nurse educator? How can I find such a class in my area?
10. What are the side effects of my current medications?
11. Is JANUVIA right for me?

JANUVIA (jah-NEW-vee-ah) is a once-daily prescription pill that, along with diet and exercise, helps lower blood sugar levels in people with type 2 diabetes.

Important Information About JANUVIA

JANUVIA has not been studied with insulin and should not be used to treat patients with type 1 diabetes or diabetic ketoacidosis (increased ketones in the blood or urine) or used if you are allergic to JANUVIA. Your doctor may perform blood tests from time to time to measure how well your kidneys are working. If you have kidney problems, your doctor may prescribe lower doses of JANUVIA.

When JANUVIA is used with a sulfonylurea, low blood sugar (hypoglycemia) can occur. To avoid this risk, your doctor may prescribe lower doses of the sulfonylurea.

Allergic reactions, which may be serious, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have an allergic reaction, stop taking JANUVIA and call your doctor right away. The most common side effects include upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.