

Your Diabetes Care Team

Take advantage of the health benefits your Diabetes Care Team can give you!

There are a number of things you can do to take care of your diabetes. Talk to your doctor about watching what you eat, taking your medicines, checking your blood sugar, and exercising.

Your doctor will help you manage your diabetes. Your doctor may also have you see other healthcare specialists who may help you stay healthy. Think of these specialists as your Diabetes Care Team.

Your Team Members

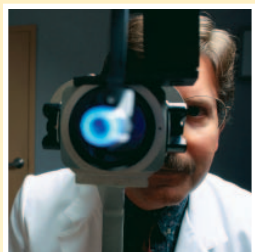


Here are some people who may be members of your Diabetes Care Team:

Primary Care Doctor—This is the doctor you will see for regular checkups. Often people with diabetes will see a specialist in diabetes care called an endocrinologist.

Diabetes Nurse Educator—This is usually a Registered Nurse (RN) with special diabetes training who can help you with your diabetes care questions.

Registered Dietitian—This person is trained to help you with making a meal plan and answer any questions about what you eat.



Eye Doctor (Ophthalmologist)—This doctor will check your eyesight and help treat eye problems.

Dentist (or Periodontist)—This doctor can help you with your mouth care, especially gum problems.



Foot Doctor (Podiatrist)—This doctor is trained to help you with problems with your feet or lower legs.

Social Worker/Psychologist/Psychiatrist/Marriage and Family Therapist—They can help you with emotional stresses that can come with diabetes.

Exercise Physiologist—This specialist has training to help you set up an exercise program.

This material has been developed by GlaxoSmithKline.