

Additional Recommendations for Those With Diabetes

People who have diabetes need more than just a primary care doctor to help take care of their health. Other specialists that may be included in a patient's health care team include:

- An endocrinologist, who is a doctor with special training (and usually certification) in diseases such as diabetes
- A registered nurse trained in diabetic care to help with day-to-day diabetes management
- A registered dietitian to help create a daily diet and help you learn how food affects your blood sugar level
- An eye doctor to check your eyes regularly for diabetes-related problems
- A podiatrist to regularly examine your feet
- A dentist to regularly check for gum disease and other oral problems
- An exercise physiologist to teach you how exercise can help you control diabetes and prevent issues
- A therapist or social worker to help you deal with the emotional part of having diabetes



Also, some additional questions you should ask include:

- Do I have signs of kidney disease?
- How are my cholesterol and blood levels?
- Should I take a daily aspirin?
- Do I have symptoms of nerve damage?
- Should I get a flu or pneumonia vaccine?
- Do my feet look healthy?
- (Dentist) How do my gums look?
- (Eye Doctor) Do I have damage to my retinas?

