

## Tool: Talking to Your Physician About Blood Glucose

Diabetes and hypoglycemia are serious but treatable conditions. Getting appropriate and timely treatment if you believe you may be experiencing one or both of these conditions is crucial to protecting your health. If you have concerns that you may be experiencing unusual symptoms, print out this checklist and use it as a guide to start a conversation with your physician.

SYMPTOM CHECKLIST	
Diabetes	Hypoglycemia
<b>Type I</b> <input type="checkbox"/> Fruity skin odor <input type="checkbox"/> Weight loss	<input type="checkbox"/> Anxiety <input type="checkbox"/> Cold hands or feet <input type="checkbox"/> Fainting
<b>Type II</b> <input type="checkbox"/> Constant hunger <input type="checkbox"/> Constant thirst <input type="checkbox"/> Foot numbness <input type="checkbox"/> Frequent urination <input type="checkbox"/> Hearing impairment <input type="checkbox"/> Slow-healing skin ulcers or infections <input type="checkbox"/> Vision impairment/blurriness	<input type="checkbox"/> Fatigue <input type="checkbox"/> Heart pounding/palpitations <input type="checkbox"/> Hypertension <input type="checkbox"/> Inability to concentrate <input type="checkbox"/> Muscle tension <input type="checkbox"/> Stomach cramps <input type="checkbox"/> Sweating