

# Know your Diabetes Care Team

Diabetes affects the entire body, and is best managed with a team approach. It is important to understand what each team member's role is, and how they can support you in staying healthy.

Your **family doctor** is there to coordinate your care and ensure your overall wellbeing. They are your first point of contact about all health matters.

Your **endocrinologist** (specialist in diabetes) can help you understand the care options available and choose the right ones for you.

Your **optometrist/ ophthalmologist** (eye doctor) can detect early signs of diabetes-related eye damage, and prevent further problems.

Your **diabetes educator** is a nurse or dietitian who can help you develop the skills and confidence you need to better manage your blood sugars from day to day.

Your **chiroprapist** (foot specialist) helps make sure your feet stay healthy, and can prevent or treat foot related issues or complications.

Your **diabetes pharmacist** (medication expert) is there to train you on how your medications work, how/when to take them, and potential side effects. They can also help simplify your medications and find ways to lower your costs.



Your **research team** provides you with information on up and coming diabetes therapies, and gives you the option to try them out by participating in research.

**YOU:** you are the most important person on the care team.

It is **your** job to:

- Get to know your diabetes team and stay connected
- Learn how to make daily diabetes decisions
- Take the time for preventative care and screenings for complications (eyes, feet, kidney, heart)
- Come prepared for your visits with your glucose meter, medications, completed blood tests, and your goals in mind

