

## *Talking to Your Doctor about Diabetes:* **Are My Current Medicines Still Right for Me?**

## Get Ready for Your Visit

Your care team believes in helping you to be proactive about your health care.

**This includes reducing or stopping medicines that you may no longer need.**

As you get older, you can become more sensitive to the effects of insulin and other diabetes medicines.

**For diabetes, the benefit of the medicines you take to lower your blood sugar should outweigh the risks of taking these medicines.**

Many older patients can be at increased risk for low blood sugar levels (**hypoglycemia**) even if they are taking the same doses of insulin or other diabetes medicines that they took when they were younger. Hypoglycemia can lead to dizziness, falls, and emergency care.

**Guidelines now recommend easing up on blood sugar targets by lowering doses or stopping some medicines to reduce the risk of potentially serious side effects.**

Making changes to your medications is a **shared decision** between you and your doctor. You can help with this decision by reviewing your values and preferences using the questions on the next page.

**Flip the page for questions that can help you talk about your medications.**

**Please bring this completed form to your next doctor's appointment.**



## Diabetes Medications Decision Tool: Your Values and Preferences

Thinking about your values and preferences can help you decide on what to do next. The following questions can help you talk to your provider about your medication goals.

1. How satisfied are you with your **current diabetes medications**? (**CIRCLE ONE**)

Not Satisfied

1

2

3

4

5

Very Satisfied

2. How important is it to you to have **blood sugars close to normal**?

Not Important

1

2

3

4

5

Very Important

3. How important is it to you to **avoid major side effects** from your diabetes medications? (examples: low blood sugar leading to falls, confusion)

Not Important

1

2

3

4

5

Very Important

4. How important is it to you for your doctor to **stop or reduce medications** that may no longer be helping?

Not Important

1

2

3

4

5

Very Important

5. How comfortable are you with your doctor **making changes** to your diabetes medications?

Not comfortable

1

2

3

4

5

Very comfortable

**Based on your values and preferences, which choice(s) are you leaning toward?**

I'd like to **discuss stopping/reducing** my diabetes medicines with my doctor

I'd like to discuss more with **my family and/or caregivers first**

**No change.** Keep my diabetes medicines the same

**I'm not sure yet.** I have questions for my doctor

Completed with help from: \_\_\_\_\_  Not Applicable