

How to start a conversation with your doctor around comprehensive type 2 diabetes management

What is a comprehensive care plan?

Our bodies are incredibly complex, with multiple systems working together to keep us healthy. When a chronic disease like diabetes puts one system under pressure, it can affect or even cause a disorder in another part of the body¹. That's why it's important to take a comprehensive approach to your diabetes management.

A comprehensive care plan will focus on aspects of your health beyond type 2 diabetes, aiming to protect your kidneys, preserve the health of your heart and blood vessels, and manage a healthy weight^{2,3}. Regular check-ups and open communication with your healthcare professional can help you keep on top of your overall health, helping you to feel your best.



Did you know that approximately 40% of people living with type 2 diabetes develop chronic kidney disease (CKD)⁴?

What is CKD?

CKD is a chronic disease which occurs over time when there is persistent damage to the kidneys⁵. This can occur from inflammation due to chronically high blood sugar levels, which can damage the blood vessels and tubules inside the kidney^{6,7}. The kidneys are essential for filtering waste products and excess fluids from the blood, sending them to your bladder to be disposed of⁸. Therefore, CKD can lead to the buildup of waste products in the body, resulting in various health issues⁹.

Taking care of your kidneys can be a key pillar of your comprehensive diabetes care plan. Speak to your healthcare professional to find out how you can reduce your risk of developing CKD if you live with type 2 diabetes.

Not sure where to start?

Here are some useful questions to consider asking your doctor, to help you build out your comprehensive care plan.

- How can I effectively manage my blood sugar levels on a daily basis?
- What lifestyle and/or dietary changes can I make to improve my overall health and diabetes management?
- How can I incorporate physical activity into my routine safely and effectively?
- How does stress impact my diabetes and overall health, and how can I manage it?
- What is the connection between type 2 diabetes and other chronic diseases, such as chronic kidney disease or cardiovascular disease? How can I reduce my risk?
- What tests are recommended to monitor my heart and kidney health as part of my diabetes management? How often should I have them?
- What are the early signs of cardiovascular or kidney problems that I should be aware of and report to you?
- How do my current diabetes medications impact my heart and kidney health, and are there any adjustments we should consider?

Regular check-ups and open communication with your doctor are crucial in managing type 2 diabetes effectively. By discussing any concerns or changes in your health, you can work together with your healthcare team to take care of your overall health, reducing your risk of other chronic diseases and helping you keep on top of your diabetes management.

Remember to print out this quick guide today and bring it along to your next scheduled doctor's appointment. Alternatively, you can use the QR code below to access and refer to it easily on your phone.



Use your phone's camera to scan the code

Notes

REFERENCES

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