CEO of Your Health
In business, CEOs work with experts to ensure long-term success, ask crucial questions during meetings, and periodically review reports for trends. Make no mistake; you are the Chief Executive Officer of your health, especially when it involves diabetes.

Who are your experts?

A successful leader will surround herself with a team that can provide guidance, support, and information. Figuring out which experts you need on your health team is the first step.

Building your health team does take research, beginning with the list of participating health care professionals in your insurance plan. You may also want to ask trusted friends in your area for recommendations or even critically examine health care reputation reviews on social media and the internet.

As you review and make your decisions, answer these questions for yourself:

- Do I have a gender preference when it comes to discussing my health?

- Do I want someone who is either board certified or has obtained other certifications? (Board certification shows that they have taken additional steps, including extra training, continuing education, and standardized exams.)

- How important is when and where they received their education and training? Some individuals want health care professionals with years of clinical experience, while others prefer newer graduates who may have been trained recently on newer techniques or management options.

- Is the office or health professional affiliated with medical centers or hospitals that I frequent (or might frequent)?

After your initial appointment with the medical expert, you may feel that it’s not a good fit, based on communication style or treatment plan recommendations. It’s important that you feel comfortable with your team, as you are the CEO of your health and rely on that expert to help you. You may need to do more research and find a more compatible health professional that will provide you with the support in your diabetes health plan.
Essential Health Experts

General Practitioner/Internist
Not everything in your health portfolio may be related to diabetes. Therefore it’s important that you have a physician who you can rely on for all health issues. A general practitioner (GP) or internist provides guidance and treatment options for not just the occasional sinus infection, but also for chronic conditions like diabetes and asthma. (The difference between the two is who they will see: internists will only see adults, whereas GPs will see pediatric patients as well.) Often, those with type 2 diabetes will rely on their internist for their diabetes treatment plans.

Gynecologist
Every woman, regardless of diabetes or other chronic health conditions, should have a gynecologist as part of her core health team. Diabetes can impact sexual function, including neuropathy and dryness issues, so having frank and honest discussions with your gynecologist will ensure your women’s health issues are fully understood. With many health insurance plans, you can choose a gynecologist as your primary care physician.

Dentist
As people with diabetes are more likely to be susceptible to periodontal disease (gum disease), it’s important to visit a dentist for regular cleanings and exams. Early detection of periodontal disease can prevent gum and tooth loss. While dental insurance is not covered under the majority of health plans, as the CEO of your health, it’s a worthy investment.

Diabetes Specialists

Endocrinologist
Endocrinologists are physicians who focus on the endocrine system, which includes the pancreas, adrenal glands, ovaries, and thyroid. Many women with diabetes choose these experts to ensure successful management of intensive diabetes or complex thyroid issues.

Certified Diabetes Educator (CDE)
An important expert in your diabetes healthcare team may have a CDE designation, which shows they have completed several diabetes-centric requirements, including a comprehensive exam, hours spent with patients, and continuing education (CE) hours. CDEs may be dietitians, mental health professionals, registered nurses, or physical therapists. These individuals will provide important education and guidance to help with your daily diabetes management.
Additional Specialists

Cardiologist
As women with diabetes are at greater risks for cardiovascular events, your medical team of experts may include a cardiologist for regular diagnostic tests.

Podiatrist
Your medical team may suggest a podiatrist to handle your foot concerns.

Ophthalmologist
It is recommended that every person with diabetes have an annual eye exam that includes eye dilation. This allows the specialist to view the retina and detect any early signs of diabetes-related eye issues.

Nephrologist
Renal disease is a possibility with diabetes and can be identified by certain diagnostic tests. If one of your experts has determined your need to see a kidney specialist, you’ll see a nephrologist. They’ll work with you to determine what your treatment options are for management of renal disease.

What Questions Should You Ask Your Experts?
CEOs never show up to a meeting unprepared. (It wouldn’t be much of a meeting, would it?) You are the leader of your health care conversations. Having questions written down to discuss with your expert before the appointment will help ensure that you get answers about your health and the steps you’ll take to ensure a long and successful future.

Here are crucial questions that you may want to ask during your appointment:

• Based on my latest results, what changes to my diabetes management plan do you suggest?
• Are there any specific blood or diagnostic tests that would help ensure a long, healthy life?
• What is one area of my diabetes management that I could concentrate on for the next few months that will improve my overall health?
• Are there any advances in diabetes research or technology that would help me?
• Do you know of any diabetes support groups in the area?

For every appointment, it’s crucial to have a list of your all of your current medications and vitamins/supplements. If you need a refill for a particular medication, make sure you request it during your health team meeting, as it’s much easier to have them write the prescription while you are there in the office.
Your CEO Health Reports

Every leader maintains reports to review and ensure that trends are being monitored and issues identified quickly if there are significant changes. As the CEO of your health, your reports can remind you to ask for annual vaccines or tests as well as provide insight into your diabetes treatment plan. By using the worksheet below, you can keep your results in one place. Take this with you to every appointment with a health expert.

What Results/Diagnostics/Vaccinations Should You Track?

**Biennial (Every Two Years)**
Mammogram for women aged 50 -74

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

*Biennial per latest recommendation unless there is an identified risk that requires more frequent testing/testing earlier than age 50.

**Annually**
Flu Vaccine

<table>
<thead>
<tr>
<th>Date</th>
</tr>
</thead>
</table>

**Dilated Eye Exam**

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

**Foot Exam**

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

**Every Three to Six Months**

**A1C**

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

**Cholesterol/Triglycerides**

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>
# Every Expert Visit

## Blood Pressure

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

## Pulse

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

## Weight

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

## Discuss with Medical Team

### Pneumococcal Vaccine (per expert)

<table>
<thead>
<tr>
<th>Date</th>
</tr>
</thead>
</table>

### Pap Smear (per gynecologist)

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

### Additional blood or diagnostic tests (per expert)

<table>
<thead>
<tr>
<th>Date</th>
<th>Result</th>
</tr>
</thead>
</table>

### Shingles Vaccine (per expert)

<table>
<thead>
<tr>
<th>Date</th>
</tr>
</thead>
</table>