How well do you know your DIABETES?

1. How often should you check your blood sugar? (*please check one)*
   - ☐ Only at doctor's office visit.
   - ☐ At least once per day.
   - ☐ At least once per week.
   - ☐ Don't know.

2. Which food group will increase your blood sugar the fastest? (*please check one)*
   - ☐ Carbohydrates (vegetables, starches, breads, fruits).
   - ☐ Fats.
   - ☐ Proteins (meats, milk, cheese).
   - ☐ Don't know.

3. How often should you inspect your feet? (*please check one)*
   - ☐ Only at doctor's office visit.
   - ☐ At least once per day.
   - ☐ At least once per week.
   - ☐ Don't know.

4. What is goal level for the Hemoglobin A1c (HgbA1c) blood test? (*please check one)*
   - ☐ Less than 7%.
   - ☐ Between 9% and 12%.
   - ☐ Between 7% and 9%.
   - ☐ Don't know.

5. How often should your eyes be examined by your doctor / eye doctor? (*please check one)*
   - ☐ At every doctor's office visit.
   - ☐ Once every 5 years.
   - ☐ Once a year.
   - ☐ Don't know.

6. How low should your total cholesterol be? (*please check one)*
   - ☐ Less than 200.
   - ☐ Less than 1000.
   - ☐ Less than 500.
   - ☐ Don't know.

7. Tingling, numbness, burning pains, and decreased feeling in your feet is most likely a sign of? (*please check one)*
   - ☐ Nerve damage due to high blood sugar.
   - ☐ Kidney damage due to high blood sugar.
   - ☐ Muscle damage due to high blood sugar.
   - ☐ Don't know.

8. How well do you understand your diabetes (high blood sugars) and its treatment?
   - ☐ Very well.
   - ☐ Poor.
   - ☐ Fair.
   - ☐ Don't know.