

## The diaTribe Patient's Guide to Individualizing Therapy

The American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD) published a position statement for healthcare providers on individualizing therapy. You can see these at <http://bit.ly/HYSvBD>. (The position statement was written specifically for glucose-lowering medications in type 2 diabetes. However, the principles of individualized therapy are important to consider in type 1 diabetes as well.) With the goal of helping your doctor and/or healthcare team individualize your therapy, here are some questions you might ask of yourself and discuss with your healthcare provider.

1. What was your last A1c? How does it compare to the goal you and your healthcare provider are targeting? How has your A1c changed over the last year?
2. If you are not at your A1c target, what actions could you take to improve it? Would you benefit by more closely analyzing your blood glucose readings to identify patterns? Do you focus on A1c, daily glucose patterns and glycemic variability, or both?
3. Do you frequently experience hypoglycemia? If so, why do you believe these episodes are occurring? What tools or techniques have you considered to reduce this risk, and to monitor it? Does your hypoglycemia limit your daily activities, sense of control, or independence?
4. How does your current weight compare to your goal? Has your weight changed recently or over the past year?
5. Do you have insurance? How much are you willing to pay out-of-pocket for diabetes therapy?
6. What are some of the things that are making it tough to manage your diabetes? Do stress, lack of motivation, or feelings of burnout play a role in your experience with diabetes? If yes, how often?

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