

November is Diabetes Awareness month!

To support Diabetes Awareness month, Silver Pine Medical Group will be sending a weekly Diabetic newsletter out for the month of November.

2022 Version 1

Diabetes 101- Routine testing and screening is important to your health!

Your appointments are an opportunity to get your questions answered and to get the help with your diabetic care. The appointment is about you and your personal health goals. You should see your primary care doctor every 3-6 months.

Diabetic Care Checklist-

- ✓ Blood Draw- 2-4 times per year
- ✓ Urine Tests- 1-2 times per year
- ✓ Foot Exam- 1-2 times per year
- ✓ Eye Exams- 1 time per year



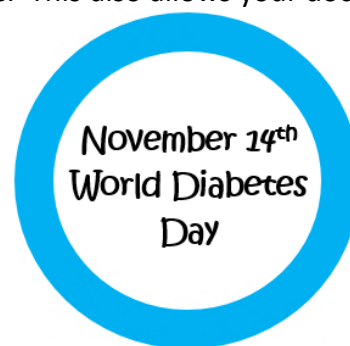
Did you know: Silver Pine Medical Group is a one stop shop for all of your diabetic needs! You can even have your Retinal Eye Exam done at your physician's office. We also have a Diabetic Care Coordinator to support our diabetic population. Reach out to us and schedule some time to talk to our care team. We are here to help you!

Planning Your Visit- Preparation is the key to success!

We want you to be an active member of your care team and set goals that are important to you. By properly preparing for your visit, we can develop a care plan that works for your lifestyle. This also allows your doctor to better coordinate with any specialists or caregivers involved in your health.

Appointment Checklist-

- ✓ Glucose Tracking Logs
- ✓ Medication Lists
- ✓ Recent Specialty Appointments
- ✓ Personal Goal Sheet or Provider Questions



Did you know: We offer information and training on Continuous Glucose Monitors (CGM's)? You can talk to your doctor to see if a CGM is right for you.

Our Care Team can provide nutrition support, medication management, and advise on a care plan that focuses on your healthcare goals.

Call us at **586-726-4823** to schedule an appointment with your doctor today!