



PHYSICIAN COMMUNICATION TOOLKIT

MASTERING
DIABETES

MASTERING DIABETES

Step 1: Describe Your Goals

"I am currently working towards the following goal(s):"

Goal #1: _____

Goal #2: _____

Goal #3: _____

Example Statements:

"My goal is to reduce or eliminate my oral medications."

"My goal is to lose 50 lbs."

"My goal is to lower my A1C to non-diabetic range (or specific number)."

Step 2: Describe Your Action Plan

"In order to accomplish this, I am taking the following steps:"

Step #1: _____

Step #2: _____

Step #3: _____

Example Statements:

"I have joined a coaching program to support me in adopting a low-fat, plant-based, whole-food diet".

"I will start exercising for 30 minutes a day."

"I have begun an intermittent fasting practice to help me lose weight more quickly."

Step 3: Understand Your Biomarkers and Medications

"What exactly will you look for in my blood tests to help reduce or eliminate my medications? Please tell me the exact numbers that will help guide this decision."

Medication Name	Current Dose	Lab Value Necessary to Reduce My Dose	Lab Value Necessary to Eliminate

Step 4: Share Your Inspirational Resources

“I have been inspired and motivated by others who have adopted this way of eating to reverse chronic diseases such as type 2 diabetes, prediabetes, heart disease, hypertension, etc. Here are some resources that I have been using.”

Resource #1: _____

Resource #2: _____

Resource #3: _____

Example Resources:

Documentaries: *Forks Over Knives, What the Health, Fat, Sick and Nearly Dead*

Books: *The China Study, Eat to Live, How Not to Die, The End of Diabetes*

Websites: *Masteringdiabetes.org, PCRM.org, Nutritionfacts.org*

Step 5: Understand Your Diagnosis

“I am also interested in understanding more about my diagnosis.. Here is a list of biomarkers that I would like to learn more about.”

Total Cholesterol	LDL Cholesterol	HDL Cholesterol
Triglycerides	Hemoglobin A1c	C-Peptide
25-OH Vitamin D	Vitamin B12	Thyroid Stimulating Hormone (TSH)

If you are concerned that you may be living with autoimmune diabetes, the following auto-antibodies tests are extremely helpful:

GADD/GADA/GAD	IAA	IA2A
ICA	ZnT8	

What exactly would you look for in order to list my condition as “reversed” and remove this diagnosis from my medical record?

Diagnosis	Associated Lab Value	Lab Value Necessary to Remove Diagnosis