Taking medicines can help you live a healthier life. Won't you choose health?

Stage of change

Pre-contemplation

What is my next step?

☐ I will think about taking medicine.
☐ I will read more about it.
☐ I will discuss it with my family or a friend.
☐ I will discuss it with my health care team.

This pamphlet is for you if you do not want to take a new pill, or you do not want to inject insulin.

Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

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I already take a lot of medicine.

People with diabetes can take medicines for various reasons:
- to lower blood sugar
- to lower cholesterol
- to lower blood pressure and protect the kidneys
- to prevent blood clots
- to help with depression

I'm not ready to take this medicine because ...

You may not want to take pills or insulin for various reasons. Check any that apply and/or add your own.

Pills:
- I want to make changes on my own instead of taking a pill.
- I can't afford the cost.
- I feel fine.
- I'm not ready to take this medicine because ...

Insulin:
- I don't like needles.
- I believe that insulin causes diabetes to get worse.
- I heard that people gain weight.
- I just need to work a little harder.
- How would you like things to be different?

Check any that apply and/or add your own.
- I would like to feel better.
- I would like to have more energy.
- I would like to have better-controlled blood sugar (or blood pressure, or cholesterol).