



## **Ask The Right Questions!**

Patients living with type 1 diabetes are twice as likely to be diagnosed with an eating disorder as the general population. Early Intervention improves prognosis for those with both T1D and an eating disorder (ED-DMT1). If you suspect one of your T1D patients may be struggling with an eating disorder it's important to ask open ended questions to get a dialogue started with them.

1. How much of the day do you think about weight, body shape or size?
2. Do you ever feel you have out of control eating?
3. Do you ever feel guilty about what you've eaten?
4. Is it hard to take your insulin sometimes? Why?
5. Do you ever purposely skip insulin injections? How often?
6. Do you ever skip testing your BG because you don't want to see the number?
7. Are there certain foods or food groups that you avoid? What are they?
8. What are your thoughts when you have eaten these "forbidden foods"?
9. What do you do after you've eaten them?