



Ask the Experts: Expert Answers About Your Diabetes from the Pages of Diabetes Forecast

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Each month the editors of *Diabetes Forecast* publish answers to relevant questions submitted by readers. The answers, written by physicians, nurse practitioners, physician assistants, dietitians, diabetes educators, and other experts in the diabetes research and clinical communities, help people with diabetes and their loved ones live healthier lives with this chronic disease. Unlike most self-care titles for people with diabetes, the unique format of *Ask the Experts* creates an open forum for people to ask the specific and individualized questions that normally don't get answered. Questions like “Can I have sex while wearing an insulin pump?,” “Will steroids affect my blood glucose levels?,” “Can my blood glucose levels be too good?,” “Should I start following a gluten-free diet?,” and “Can I switch to insulin to lose weight?” finally get the professional, evidence-based answers they deserve. Like a personal consultation with the world's best diabetes healthcare team, *Ask the Experts* gives credible advice to the real-world questions people with diabetes actually have.

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