

Diabetes: Three Commonly Missed Tests

“I pray that you may enjoy good health and that all may go well with you.” 3 John 1:2

A new study indicates that less than half of the 21 millions American diabetics are receiving three annual medical tests that are recommended for all those adults & children with diabetes.

Those three important tests are:

Hemoglobin A1c: it is a blood test that checks average blood sugar levels for the past two to three months.

Dilated Eye Exam: an eye doctor places drops to widen or dilate the pupils of the eyes (the back part) to examine the inside the eye ball. Uncontrolled diabetes can damage the blood vessels in the eyes causing blindness. Diabetes is the leading cause of adult blindness in the U.S.

Foot Exam: an exam of the foot’s nerves and blood circulation can prevent unnecessary amputation in uncontrolled diabetes. Most non-traumatic foot amputations in the U.S. are a result of diabetes.

Other annual tests recommended by the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), a branch of the National Institutes of Health (NIH) are:

Blood Lipid (fats) Test: A blood test of cholesterol and triglycerides

Kidney Function Test: A urine test that checks for protein in the urine.

Blood Pressure: Get blood pressure checked at all medical visits and screening sites.

If you are not receiving these annual exams you should ask your physician about their importance in your management of diabetes.

Also recommended are: an annual dental exams by a dentist or hygienist and monitoring your weight at least monthly.

All of these tests and exams are in an effort to prevent the serious complications of diabetes and improve your health.

Source: National Institute of Diabetes & Digestive & Kidney Diseases:
www.diabetes.niddk.nih.gov

Resources:

American Diabetes Association: www.Diabetes.org