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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Is There Self Test For Diabetes?**

**By Tiara James**

Sixteen million Americans have diabetes, yet many are not aware of it. African Americans,

Hispanics and Native Americans have a higher rate of developing diabetes during their lifetime. Diabetes has potential long term complications that can affect the kidneys, eyes, heart, blood vessels and nerves. A number of pages on this web site are devoted to the prevention and treatment of the complications of diabetes. (see Diabetes Symptoms)

In diagnosing diabetes, physicians primarily depend upon the results of specific glucose tests. However, test results are just part of the information that goes into the diagnosis of diabetes. Doctors also take into account your physical exam, presence or absence of symptoms, and medical history. Some people who are significantly ill will have transient problems with elevated blood sugars which will then return to normal after the illness has resolved. Also, some medications may alter your blood glucose levels (most commonly steroids and certain diuretics (water pills)).

The TWO main tests used to measure the presence of blood sugar problems are:

1. Direct measurement of glucose levels in the blood during an overnight fast
2. Measurement of the body's ability to appropriately handle the excess sugar presented after drinking a high glucose drink.

**Self Testing Methods** Regular self-testing of your blood sugar tells you how well your combination of diet, exercise, and medication are working. Tests are usually done before meals and at bedtime. More frequent testing may be needed when you are sick or under stress.

A device called a Glucometer can provide an exact blood sugar reading. There are different types of devices. Usually, you prick your finger with a small needle called a lancet, which gives you a tiny drop of blood. You place the blood on a test strip, and put the strip into the device. Results are available within 30 to 45 seconds.

A health care provider or diabetes educator will help set up an appropriate testing schedule for you. You will also be taught how to respond to different ranges of glucose values obtained when you self-test.

## Is There Self Test For Diabetes?

The results of the test can be used to adjust meals, activity, or medications to keep blood sugar levels in an appropriate range. Testing provides valuable information for the health care provider and identifies high and low blood sugar levels before serious problems develop. Accurate record keeping of test results will help you and your health care provide plan how to best control your diabetes. There are 20.8 million children and adults in the US with diabetes, and nearly one-third of them (or 6.2 million people) do not know it!

7% of the population has Diabetes! Information on Diabetes Symptoms at

<http://DiabetesSymptoms.eask.info>

## Where To Get Diabetes Supplies

### By Matt Shupe

Diabetes has slowly crept into the lives of almost eleven million Americans who have diabetes and are aware they have the illness, and up to seven million Americans who are not aware they have diabetes. Added to this glaring number of diabetes-stricken Americans are the millions more who are in the prediabetes stage.

People with diabetes have more chances of surviving the illness if they know how to manage diabetes and they have the financial means to support the medication and other supplies required by people with diabetes.

Getting Type 1 diabetes is usually dependent on you genes although it is not a very strong risk factor. Obesity and age are however risk factors in getting Type 2 diabetes. But no matter how old you are, if you are obese and have a history of gestational diabetes, have one or both parents with Type 2 diabetes or high blood pressure, then it is best to have yourself checked for diabetes.

Type 1 diabetes is commonly found in children while Type 1.5 diabetes is the name given to diabetes found in adults. Adults with Type 1.5 diabetes is characterized by a slower attack on the beta cells compared to the vicious attack of beta cells in children with Type 1 diabetes. In Type 2 diabetes, the body's insulin cannot control its blood sugar levels.

There are several ways of testing for diabetes including the glucose test which measures the blood's glucose level and the oral glucose test. The glucose test is best done after at least 12 hours of fasting.

The main concern for people with diabetes is how to control the level of their blood glucose in such a way that they can lessen diabetes-related complications. Thus, monitoring of one's blood glucose level is always a must for people with diabetes. Controlling the blood glucose level means choosing the type of food you eat and taking the proper medication.

A person who wants to be in control of his diabetes should have all the necessary supplies on hand whether he stays in the house or he travels. A diabetic should always make sure that his insulin supply is not exposed to extreme changes in temperature. A diabetic is also more prone to foot problems so

## Is There Self Test For Diabetes?

he should take care of his feet by using comfortable socks.

Other important supplies for diabetics include blood glucose monitors, blood pressure monitors, glucose tablets and gels.

If you have diabetes, make sure that you have your supplies wherever you go. Also inform your housemates or officemates about the possible stores where they can buy these supplies in case you have an emergency. Always scout for stores that sell supplies for diabetics near your home or office or where you frequently go. And if you have to travel, make sure you carry more than enough because you never know what might happen. Also check if the places you will go to have some shops which sell the supplies you need.

The author is a contributing writer for

<http://www.discountdiabetesmeds.com>

where more information is

available on diabetes and where to get meds and supplies.



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