

# Glucose Screening

**Are You At Risk?**  
**Early detection is important.**

**Serious complications of diabetes can be avoided with early detection.** To discover diabetes early, regular monitoring of one's blood sugar is essential. According to the American Diabetes Association, having your blood sugar checked regularly is the *most effective* way to screen for diabetes.

## Determine your risk.

The likelihood of developing diabetes is based on many factors. If you possess any of the following risk factors, the likelihood you will develop diabetes is greater.

- Your age is 45 or older
- A family history of diabetes
- You are overweight or obese
- You don't exercise
- You have high blood pressure
- You have high LDL or low HDL cholesterol

## Recognize the symptoms.

Diabetes is a serious disease with severe complications. If you exhibit any of the following characteristics, *please* have your blood sugar checked immediately.

- Frequent urination
- Constant thirst
- Unexplained weight loss
- Sudden visual changes
- Extreme fatigue
- Wounds that heal slowly
- Tingling in hands or feet
- Recurrent infections

## Take the test.

The glucose fingerstick is a quick and effective method of screening for diabetes. A Professional Nurse will take a few drops of a person's blood and use it to determine their blood sugar level. In just minutes, a person will know their current blood sugar level and its significance.

**Independent Nursing Care, LLC** provides participants with education regarding prevention and management of diabetes. This includes high quality literature and one-on-one health counseling. Recommendations for lifestyle adjustments may be made and the importance of maintaining normal blood sugar levels will be emphasized.

>>

*Completing your circle of care*

## Summing it up.

**Diabetes is a serious disease characterized by problems with insulin, a hormone made by the pancreas.** Insulin is released anytime we eat sugar. It helps our body get the glucose it needs to survive.

**Type 1 diabetes** occurs when the pancreas cannot make insulin. Type 1 diabetes often begins in childhood. **Type 2 diabetes** occurs when the body becomes resistant to insulin. Type 2 diabetes is highly correlated with obesity, poor diet and exercise.

If untreated, diabetes will damage arteries, nerves and organs. *Regular blood sugar screenings are the most effective way to screen for diabetes.*

## Knowing your numbers.

Glucose screenings are precise tests for recognizing diabetes. The Glucose Fingerstick will be used to perform these tests:

### Fasting Glucose Test

Measures blood glucose after going 8 hours without food. Persons with fasting glucose levels higher than 110mg will be advised to call their doctor.

### Non-Fasting Glucose Test

Measures blood glucose without regard to the time of your last meal. This test is convenient and provides reliable information. Persons with non-fasting glucose levels above 140mg will be advised to call their doctor.

## Scheduling.

**Glucose Screening Clinics** are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

**You will receive a comprehensive breakdown summary of the screening results.  
All personal information will be kept confidential.**

**Please call Independent Nursing Care to schedule a  
Glucose Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

[www.INCnursing.com](http://www.INCnursing.com)

**INDEPENDENT  
NURSING CARE**

*Completing your circle of care*