

Should I be tested?

Early screening means an earlier diagnosis for diabetes or pre-diabetic conditions. Early diagnosis and treatment can delay or prevent the onset of serious complications.

Expert opinion recommends the following screening guidelines:

- Begin screening people at risk for Type 2 diabetes (see previous page) by age 30 with Fasting Glucose.
- Those with no risk of diabetes should be tested by age 45 with Fasting Glucose, followed by tests every 3 years thereafter.
- Pregnant women between their 24th and 28th week of pregnancy should be screened for gestational diabetes.

What do my test results mean?

Normal results may vary by laboratory. The American Diabetes Association has developed the following criteria when any of these results are repeated on at least 2 different days:

Less than 100 mg/dl =	Normal
Between 100 mg/dl and 126 mg/dl =	Pre-Diabetes
126 mg/dl and higher =	Diabetes

Care of diabetes

It's important for diabetics to monitor their own blood glucose levels. Your physician will provide instructions on how to monitor. In addition, eating a healthy planned diet, exercising regularly, and having regular check ups (several times a year) will help to keep glucose levels under control. You should always seek immediate medical attention for complications such as wound infections, diabetic retinopathy, and urinary tract infections. Your physician should educate you on potential complications and stress the importance of seeking medical attention.

Recommendations and Information

Your best source for information is your own medical care provider.

The information in this booklet does not serve to diagnose a condition. Your physician will accurately provide a diagnosis and recommendations for your individualized care. Information for this booklet was provided by:

The American Diabetes Association (www.diabetes.org)

WebMD Health (www.webmd.org)

Lab Tests Online (www.labtestsonline.org)

The Cleveland Clinic (www.clevelandclinic.org)

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Patient Information

WHAT YOU SHOULD KNOW ABOUT DIABETES

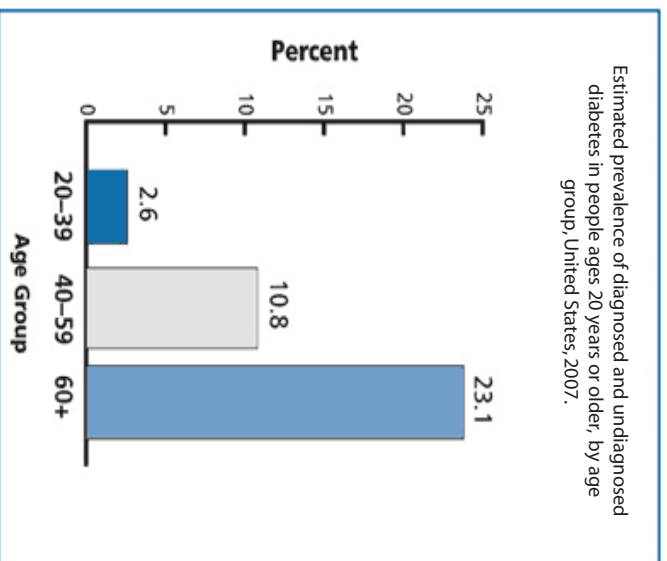


2308 Sandridge Drive • Dayton, OH 45439
(937) 296-0844 • (800) 686-2252
www.compunetlab.com

Diabetes, the epidemic

Diabetes is now one of the leading causes of death worldwide and is considered the fourth highest cause of death in most developed countries. The rate of increase of diabetes diagnosis is about 9% a year, which means the number of people with diabetes will double every eleven years. And, with obesity on the rise, diabetes is projected to develop at greater rates within younger age groups.

According to the American Diabetes Association, In the United States, 23.6 million people have diabetes, however, 5.7 million of them are not even aware they have the disease.



Source: 2003-2006 National Health and Nutrition Examination Survey estimates of total prevalence (both diagnosed and undiagnosed) were projected to year 2007.

Diabetes, the cause

Diabetes is caused by the body's inability to properly process glucose, a form of sugar found in your bloodstream, into energy. Insulin, a hormone produced by the beta cells in the pancreas, regulates glucose, however when insulin is insufficient or ineffective, glucose levels remain high. The high glucose levels associated with diabetes can cause serious, chronic health problems and even death.

Types of diabetes

There are three main types of diabetes:

Type 1: Also known as juvenile diabetes. Most cases are diagnosed before age 30. Type 1 diabetics produce little or no insulin and rely entirely on insulin injections to live.

Type 2: Also known as adult onset diabetes begins as insulin resistance and insulin deficiency. Type 2 is associated with older age, obesity, family history, lack of exercise, and race/ethnicity. African Americans, Hispanic Americans, Native Americans, and some Asian Americans are at increased risk.

Gestational: A form of glucose intolerance diagnosed in some women during pregnancy and is more common in obese women and women with a family history of diabetes.

Complications from diabetes

Diabetes is a chronic disease and is often accompanied by complications. Some of the more common complications are:

- Heart Disease and Stroke
- Blindness
- Nervous System Disease
- Dental Disease
- Biochemical Imbalances
- High Blood Pressure
- Kidney Disease
- Amputations
- Pregnancy complications
- Susceptibility to other illnesses

Am I at risk?

The exact cause of Type 1 diabetes is unknown, but family history is thought to play a role. About 90% of diabetes cases in the U.S. are Type 2 diabetes.

Risk factors for Type 2 include:

- Obesity
- Lack of exercise
- Family history
- Pre-diabetes
- Ethnicity
 - (African American, Hispanic American, Native American, and Asian American)
- Gestational diabetes during pregnancy or baby weighing more than 9 pounds
- High blood pressure
- High triglycerides, high cholesterol, low HDL