

# Diabetes Awareness Screening Package

Provided by AREUFIT Health Services, Inc



## HEMOGLOBIN A1C

### *Hemoglobin A1c*

Measuring the hemoglobin A1c levels will reveal a client's blood sugar control over the past 2-3 months. The American Diabetes Association (ADA) recommends A1c as the best test to find out if a patient's blood sugar is under control over time.

## DIABETIC FOOT SCREENING

### *Diabetic Foot Screening*

This screening is carried out by a registered nurse who is familiar with the foot and able to perform basic strength and sensory testing. It is used to detect nerve damage which can create conditions in the foot that produce secondary problems such as deformity and foot ulceration, and may lead to amputation

## OBESITY SCREENING

### *Obesity Screening*

Methods of assessing obesity are body mass index (BMI), waist circumference and waist-to-hip ratio. According to the NIH, a 20% increase in body weight substantially increases the risk for hypertension, coronary artery disease, lipid disorders, and Type II diabetes.

## VISION

### *Vision*

According to the American Diabetes Association, Diabetics should get their vision checked at least once a year. Vision testing is extremely important because Diabetes can affect the blood vessels in the eyes, leading to diabetic eye disease.