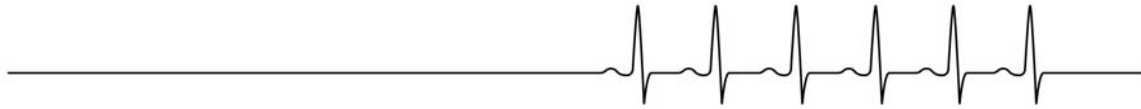


DO YOU HAVE DIABETES?



DIABETES SCREENING

Everyone over the age of 45 should be tested for diabetes every 3 years. Immediate testing is appropriate for anyone experiencing abnormal thirst, frequent urination, or unexplained weight loss. More frequent testing, and testing under the age of 45, is recommended for individuals who have the following characteristics:

- Hypertension (blood pressure at or above 140/90)
- Overweight or obesity (BMI greater than 25)
- An immediate relative with diabetes
- Are of a high-risk ethnic group, such as African American, Hispanic, or Native American
- Women who deliver a baby weighing more than 9 pounds or have a history of gestational diabetes
- HDL cholesterol level of 40 mg/dl or lower
- Triglyceride level of 250 mg/dl or higher
- Impaired glucose tolerance (fasting blood sugar above 100 mg/dl but less than 126 mg/dl) on previous testing
- Diagnosed with Polycystic Ovarian Disease.

KNOW YOUR BLOOD SUGAR/BLOOD SUGAR CONTROL

BLOOD SUGAR TEST	LEVEL <i>WITHOUT</i> DIABETES	GOAL LEVEL <i>WITH</i> DIABETES	TAKE ACTION <i>IF:</i>
Before Meals	Less than 110 mg/dL	70 -110 mg/dL	Less than 70 or more than 110 mg/dL
Two Hours After Meals		*100 -140 mg/dL	Less than 80 or more than 140 mg/dL
HbA1c	Less than 6%	Less than 6.5%	More than 6.5%

***Note:** Many Diabetes Specialists say blood sugar should be the same before and two hours after the meal. (100 mg/dl).