



## Chemcard™ Glucose Test and Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone which is needed to convert sugar, starches and other foods into the energy needed for daily life. Diabetes is one of the most common and costly health problems in the US, with approximately 6 percent of the US population having the disease. The [American Diabetes Association \(ADA\)](#) estimates there are more than 5.4 million people in the US alone who are not aware they have diabetes. Many of these people only become aware they have the disease when they develop life threatening complications, such as blindness, kidney disease, heart disease, stroke, nerve disease or amputation. As a result, the ADA, the [Centers for Disease Control \(CDC\)](#), and the [National Institute of Diabetes and Kidney Diseases](#) now recommend screening as a necessary first step in an effort to detect diabetes at an earlier stage, before the onset of serious complications.

The ADA recommends screening individuals having one or more of the following diabetes risk factors, every three years:

- Family history of diabetes: Parents or siblings with diabetes.
- Obesity: 20 percent or more overweight.
- Race/ethnicity: African American, Hispanic, Native American, Pacific Islander.
- Age: All individuals 45 years and older.
- Individuals with hypertension (high blood pressure): 140/90 mmHg or higher.
- Individuals identified with impaired fasting glucose level or impaired glucose tolerance.
- Individuals with HDL (good) cholesterol level at or below 35 mg/dl (0.90 mmol/l).
- Women with a history of diabetes during pregnancy.
- Women who have delivered a baby weighing over 9 lbs. (4kg.).

Unlike glucose test methods that are intended for use in monitoring known diabetics, the Chemcard™ Glucose Test is designed as a screening tool to help identify abnormal glucose levels which may be an indication of diabetes. Studies indicate that early detection of diabetes allows prompt, effective treatment, which often helps reduce the severity of, and even help prevent complications associated with chronic diabetic hyperglycemia.