
# Diabetes test

Lab test | Blood

Name: **Sample Report** Date of test: **04/07/2024** Analysis-ID: **UXC5RM-036**

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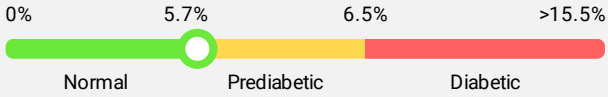
# Diabetes Test - Your results

| Name | Your value | Reference value | Scale |
|---|---|---|---|
| HbA1c | 5.60 % | **Normal:** <5.7%<br>**Prediabetic:** 5.7% - 6.5%<br>**Diabetic:** >6.5% |  |

# About diabetes

## Diabetes type 1

## Diabetes type 2

# Diabetes symptoms

High blood sugar can lead to type 2 diabetes. By continuously measuring your blood sugar, you can reduce the risk of developing insulin resistance and type 2 diabetes. The symptoms of diabetes are many and often quite diffuse. When the blood sugar level becomes too high, the body responds by getting rid of glucose via the urine. When this happens, various symptoms occur in the body:

- Increased thirst
- Larger amounts of urine than usual
- Abnormal fatigue
- Strong feeling of hunger
- Loss weight without trying
- Wounds that heal slowly
- Dry, itchy skin
- Loss of sensation in feet, tingling in hands and feet
- Sexual dysfunction
- Blurred vision

When you talk about diabetes, you usually talk about high blood sugar, but too low blood sugar is of course not good either. Too low blood sugar can affect type 1 diabetics when they take too much insulin. The other symptoms of low blood sugar are fatigue, irritability and tremors. These symptoms can affect even a perfectly healthy person. For a person with type 1 diabetes, it can go even further and result in slurred speech and unconsciousness. In the worst case, a drop in blood sugar for type 1 diabetics can lead to death. However, the body has many reserve mechanisms to avoid this and raise blood sugar - an example of which is the stress hormone adrenaline.

# Diabetes and treatment

Diabetes is treated through healthy diet and physical activity to keep blood sugar levels steady. It is also important that you maintain a normal body weight and exclude tobacco. Type 1 diabetes must be treated with insulin injections. Type 2 diabetes can be treated with drugs in the form of tablets that increase insulin sensitivity or insulin release. Contact a dietitian or qualified nutritional therapist to get a diet plan adapted to you.

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

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