A Look at Two Major Diabetes Testing Procedures by Julia Roger

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In the past few years, the occurrence of diabetes has increased a lot. Often, people get affected with this serious disease without being aware at all. Hence, it is necessary to go for diabetes testing occasionally. Going through proper test ensures clearly whether you are diabetic or not. There are special tests that are conducted in order to examine the blood sugar level. Only after monitoring the level of blood sugar, can a physician properly tell about the diabetic status of a patient. Often it becomes too much complicated to diagnose the disease in human blood level.

The first and foremost step needs to be a visit to the doctor. Every physician will surely ask the patient one common question that if any of the family members, past or present has ever suffered from diabetes. The physician will notify the patient regarding several risk factors associated with diabetic patients. Often physicians query about the type of medicines patient is taking for some other purpose. It may so happen that some particular medicine might not be suiting the patient properly. There may be some sort of allergic reaction-taking place due to those medicines. Increase in cholesterol level may also happen. As a result, heart and kidney will get affected mostly.

The most common test for diabetes is taking the blood sample for examination process. It is considered the easiest as well quickest procedures available. This process monitors the blood sugar level while taking a bit of blood sample from finger pricking. However, this particular procedure may not produce the most accurate of results like that in case of laboratory testing. There is a small portable machine where the blood sample is placed for monitoring and testing purpose. In fact, there are plenty of home diabetics testing kits available also. They are effective tools to test blood sugar level while being at the comfort of home.

Fasting glucose is another effective test for diabetes. Before taking this test, the patient needs to go through eight hours of fasting. Then, blood-drawing session will commence. The blood sample will be tested and if reading is higher than 126 mg/dl, then the patient surely is diabetic.

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