

The American Diabetes Association (ADA) recommends a list of some important medical screenings for people with diabetes. Few are as follows:

Testing for Heart Disease:

- Lipid profile taken at least annually
- An electrocardiogram (ECG or EKG) to measure your heart's electrical activity.
- An echocardiogram (Echo) to examine how well your heart pumps
- An exercise stress test (Treadmill test) to see how well your heart functions



Testing for Kidney Disease:

To check for kidney disease, health care providers use

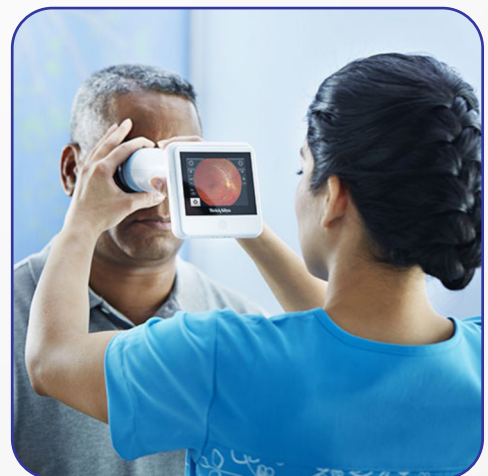
- Blood test that checks how well your kidneys are filtering your blood, called GFR. GFR stands for Glomerular Filtration Rate
- Urine test to check for Albumin. Albumin is a protein that can pass into the urine when the kidneys are damaged.

Testing for Diabetic Retinopathy:

Dilated Eye Exam: During your eye exam, your eye doctor will check how well you see the details of letters or symbols from a distance

Let's Aarambh a step towards your Health Management and get your all test done as per doctor's recommendation.

Initially it may look difficult but this is a new way of life which is Safe, Simple and Successful way to manage diabetes well.



Reference:

1. <https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>
2. <https://www.diabetesselfmanagement.com/diabetes-resources/definitions/lipid-profile/>
3. <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/tests-diagnosis>
4. <https://www.cdc.gov/diabetes/managing/diabetes-vision-loss.html>