

Diabetes Test Determines “*Quality of Life*”

Recently, I had the opportunity to work with a small drug chain to provide “Diabetes Days” at a local pharmacy. The program was sponsored by ThereaSense who, provided the instant “*Quality of Life*” tests for each of the patients who signed up in advance and made an appointment on 2 different Saturday’s.

After the test was given, each patient spent a half hour going over their results and how they could improve it.

Out of the 40 patients, only 4 knew what the *Quality of Life* test was or knew their previous result from their doctors.

I had to explain to the patients that the “*Quality of Life*” test was an average of their blood sugars over the last 90 days, otherwise called an A1c test. I told them that according to studies, that number represented their risk for complications from diabetes. The lower the number meant that they would have a better quality of life, as they got older.

I explained to them that there were a number of things they could do to improve their quality of life result. The major things they could do, was to start a walking program and to begin to read food labels for the number of carbohydrates they were consuming.

Every patient was able to understand the importance of knowing their quality of life number and committed to working on improving their “*Quality of Life*” number.

Click here for the Brochure, [What’s Your Quality of Life Number!](#)

Steve Freed
Publisher

www.diabetesincontrol.com