

November is Diabetes Awareness Month, and Diabetes360 is offering **FREE Diabetes Risk Screenings every Tuesday in November!**

Dates: November 6th, 13th, 20th, and 27th

Times: any time during normal business hours from 8am to 5pm
Note that our offices close for lunch from noon to 1pm

Locations: all three offices in Arlington, Las Colinas, and Plano

What do the screening include?

Each screening includes the following tests/measurements:

- A1C blood test
- Blood glucose test
- Blood pressure measurement
- Body Mass Index (BMI) measurement

Do I need to make an appointment?

No appointment is necessary – you are welcome to walk into any of our clinics on Tuesdays in November and we will provide you with a screening.

Do I need to have health insurance?

No health insurance is required – we will provide a screening to anyone who comes in for this offer.

What are symptoms of diabetes or pre-diabetes?

Prediabetes often has no visible signs or symptoms; however, there are signs that may suggest someone has progressed from pre-diabetes to type 2 diabetes. These signs can also indicate someone may have developed type 1 diabetes. They may include the following:

- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision
- Unintentional weight loss

diabetes360.com

ARLINGTON

1100 Orchard Drive
Suite A
Arlington, TX 76012
817-472-8180

LAS COLINAS/IRVING

6420 N. MacArthur Blvd
Suite 130
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972-402-8300

PLANO

3801 W. 15th Street
Plano Medical Pavilion, Building A
Suite 214
Plano, TX 75075
469-467-0400

Who should consider getting a screening?

People who have any of the following risk factors for diabetes should consider getting screened for pre-diabetes or diabetes:

- **Weight** – being overweight can increase your risk
- **Waist Size** – the risk increases for men with a waist larger than 40 inches, and for women with a waist larger than 35 inches
- **Diet** – eating a lot of red meat and/or sugary foods and beverages
- **Inactivity** – the less active you are, the greater your risk
- **Age** – although pre-diabetes and diabetes can develop at any age, the risk increases for most people over the age of 45 years
- **Family History** – if a parent or sibling has pre-diabetes or diabetes, it can mean your risk for these diseases is higher
- **Race** – people of certain races, including African-Americans, Hispanics, Native Americans, Asian-Americans and Pacific-Islanders, are more likely to develop these diseases
- **Gestational Diabetes** – if you developed gestational diabetes during a pregnancy, or gave birth to a baby who weighed more than 9 pounds, you are at increased risk
- **Sleep** – people with a certain sleep disorder (obstructive sleep apnea) have an increased risk, and people have other sleep problems may also have an increased risk
- **Associated Conditions** – women who have Polycystic Ovary Syndrome, or anyone with high blood pressure, low levels of “good” HDL cholesterol, or high levels of triglycerides in their blood may have higher risk of developing these diseases

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