



MWANGAZA WELLNESS AND MEDICAL CENTER

FRANCHISE OF TENDO LINK AFRICA LTD

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Prevention and treatment of diabetes and high blood pressure

TO OUR PARTNER medical practitioners

Subject: Working Together to Improve Diabetes Care – Let's Prevent Complications

Dear Colleague,

Diabetes and hypertension among adults over 30 years continue to rise rapidly, reaching epidemic levels. These are **lifestyle-related diseases** that can be **prevented or delayed** through early detection, lifestyle changes, and consistent care.

Why This Matters

- **Nyeri County** has one of the **highest diabetes prevalence rates in Kenya – 7.6%**, more than double the national average of **3.3%**. **Mukurweini** is even higher at **12.6%**.
- People in our region often develop diabetes **much earlier** – in their **40s** – compared to high-income countries where it starts at 65+.
- The risk of severe complications is also much higher:
 - **8x higher rates of kidney failure**
 - **15x higher risk of amputations**

The Power of Early Testing

The **HbA1C test** is the best tool to monitor long-term blood sugar levels. It shows average blood sugar over 2–3 months and helps classify patients as:

- **Normal**
- **Prediabetic** – this stage can be **reversed with lifestyle counselling**
- **Diabetic**

Regular HbA1C testing **every 3–6 months** helps prevent complications such as kidney failure, blindness, stroke, heart disease, and amputations. We also monitor **cholesterol levels** and offer counselling to prevent further risk.

Why HbA1C is the Best Blood Sugar Test:

- **Random blood sugar** – only useful when symptoms are present
- **Fasting blood sugar** – depends on reliable fasting, which is often inconsistent
- **HbA1C** – most accurate for monitoring and diagnosis, **no fasting required**

Our Approach to Diabetes Management

Effective diabetes care requires:

1. **Lifestyle counselling**
2. **Medication when needed**
3. **Regular lab monitoring**

How Mwangaza Can Support You

As a medical practitioner giving evidence-based care to patients is vital. **Mwangaza Wellness & Medical Centre** supports your work by providing:

- **Lifestyle counselling**
- **Regular laboratory check-ups**
- **Suggestions to improve the current treatment if any, will be offered**

We do not retain patients – we refer them back to you for ongoing care. Our goal is to support better blood sugar control and reduce complications.

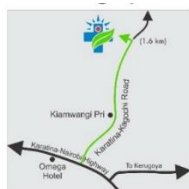
Our Affordable Lab Services:

Test	Cost (KES)	Purpose
HbA1C	1,500	Best test for sugar control
Cholesterol	500	Important in diabetes & hypertension
Full Lipid Profile	1,500	For a full heart risk picture
Creatinine	500	Detects early kidney damage
Creatinine + Electrolytes	1,200	Needed for patients on ACEi/ARBs
Liver Enzymes	900	Required for those on statins just at initiation
ECG	1,000	Detects early heart changes

Join Us in the 2025 Diabetes Campaign

We've launched a **Diabetes Awareness Campaign** running from **June to 14th November 2025**. Let's use this opportunity to encourage patients to get tested and take control of their health.

Together, we can improve patient care – leading to healthier lives and stronger communities.



We are located at Kiamwangi-Karatina, Along Karatina-Kagochi Road, one mile from Jambo Junction.

Warm regards,
Mwangaza Wellness & Medical Centre