



MWANGAZA WELLNESS AND MEDICAL CENTER

FRANCHISE OF TENDO LINK AFRICA LTD

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Prevention and treatment of diabetes and high blood pressure

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

Dear Colleague,

Diabetes and hypertension are rising fast among adults over 30, especially in Nyeri County. These lifestyle-related diseases are preventable or manageable through early detection, lifestyle changes, and regular care.

Why This Matters:

- **Nyeri's diabetes rate is 7.6%** – more than twice the national average of 3.3%.
- **Mukurweini is even higher at 12.6%.**
- People here are getting diabetes in their **40s**, unlike in high-income countries where it starts after 65.
- The risk of severe complications is much higher:
 - **8× more likely to develop kidney failure**
 - **15× higher risk of amputations**

The Power of Early Testing

HbA1C is the best test for long-term blood sugar control. It shows the average blood sugar over 2–3 months and helps identify:

- **Normal**
- **Prediabetic** – a stage we can reverse with lifestyle support
- **Diabetic**

With regular HbA1C testing every 3–6 months, we can **prevent serious complications** like kidney failure, blindness, stroke, heart disease, and amputations.

Why HbA1C is Better Than Other Tests:

- **Random sugar:** Only helpful when symptoms are present
- **Fasting sugar:** Often unreliable due to inconsistent fasting
- **HbA1C:** Most accurate and doesn't require fasting

Our Approach:

Good diabetes care needs three things:

1. **Lifestyle counselling**

2. **Medication when necessary**
3. **Routine lab monitoring**

How We Can Work Together

As a lab technologist, you already do most essential diabetes and hypertension tests.

Mwangaza Wellness & Medical Centre complements your services by:

- Offering lifestyle counselling
- Running tests you may not offer regularly
- Creating evidence-based personalized care plans

We don't keep patients – we always refer them back to you for continued care. Our goal is to help patients manage their blood sugar and avoid complications.

Affordable Lab Services at Mwangaza:

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 the 2025 Diabetes Campaign

Our **Diabetes Awareness Campaign** runs from **June to 14th November 2025**. Let's encourage patients to get tested early and stay healthy.

Together, we can save lives, reduce suffering, and build a healthier community.

Warm regards,

Mwangaza Wellness & Medical Centre

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

Warm regards,

Mwangaza Wellness & Medical Centre