**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 and 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 a) **Normal; b)Prediabetic** – a stage we can reverse with lifestyle support and c)**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 a) **Lifestyle counselling; b) Medication when necessary and c) 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 a) Offering lifestyle counselling, b)Running tests you may not offer regularly and c)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:**

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| **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***

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| Warm regards, **Team Mwangaza,**  **Mwangaza Wellness & Medical Centre**  **9th July 2025** |  |

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