MWANGAZA WELLNESS AND MEDICAL CENTER



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Prevention and treatment of diabetes and high blood pressure

**TO OUR PARTNER medical practioners**

**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**

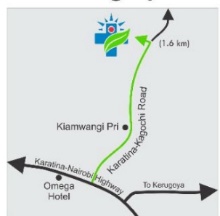
**We do not retain patients** – we refer them back to you for ongoing care. Our goal is to support better blood sugar control and reduce complications.

**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.



Warm regards,  
**Mwangaza Wellness & Medical Centre**

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