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Diabetes Epidemic in Ireland. New SELFCheck Blood Glucose Level Test

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Diabetes epidemic in Ireland: In 2006 an estimated 200,000 adults resident in Ireland had (diagnosed or undiagnosed) diabetes. Further, an estimated 50% of those who have the condition are unaware of it. Obesity, one of the main contributing factors, is on the increase in Ireland. 47% of the Irish population is overweight, with 13% classified as obese. In addition, the Irish population is aging. The increasing number of those diagnosed with type 2 diabetes is placing a significant burden on the health service budget, costing the Irish Government an estimated €580m per annum.

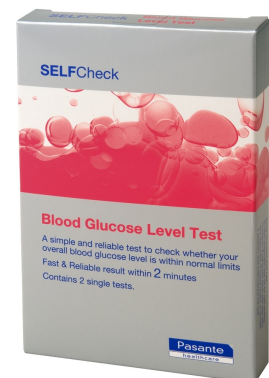
Diabetes is a metabolic disorder characterised by high blood sugar and other signs. The World Health Organization recognises three main forms of diabetes which have similar signs, symptoms, and consequences, but different causes and population distributions. Type 2 diabetes occurs mainly due to lifestyle factors and genetic predispositions, and is characterised by tissue-wide insulin resistance. It is an incurable chronic condition, but it has been treatable since insulin became medically available, and is nowadays usually managed with a combination of dietary treatment, tablets and insulin supplementation.

Symptoms of diabetes include chronic excessive thirst, dry mouth, frequent urination, great hunger, fatigue, irritability, blurred vision, skin infections, slow healing, tingling and numbness in the feet. Type 2 diabetes sometimes has no obvious symptoms at all.

Diabetes can cause many complications if the disease is not adequately controlled. Serious long-term complications include cardiovascular disease, chronic kidney failure, retinal damage (which can lead to blindness and is the most significant cause of adult blindness in the non-elderly in the developed world), nerve damage, and microvascular damage, which may cause erectile dysfunction (impotence) and poor healing. Poor healing of wounds, particularly of the feet, can lead to gangrene which can require amputation, the leading cause of non-traumatic amputation in adults in the developed world. Adequate treatment of diabetes, as well as increased emphasis on lifestyle factors, may improve the risk profile of most complications.

Early detection of diabetes saves lives. It is recommended that everyone over the age of 40 should monitor their glucose levels regularly. If diagnosed early, affected individuals can be treated before serious illness develops. Early detection results in enhanced length and quality of life through a reduction in the severity and frequency of the immediate effects of diabetes, heart disease or other related conditions.

A new home diagnostic test kit is now available in Irish pharmacies. The "SELFCheck Blood Glucose Level Test" quickly and reliably detects blood glucose levels, and helps to determine if these levels are within normal limits. The test is simple to carry out in the privacy of your own home, and delivers visible results within 2 minutes. The diagnostic test kit includes everything needed to carry out two single tests (test strips, colour charts, lancets, plasters, and instruction leaflet). The recommended sales price for the test kit is €14.99.



In addition to blood glucose level test, a range of highly accurate and easy to use home diagnostic test kits is now available in your pharmacy. The tests can provide an early detection of a condition and are designed to identify potential problems before there are any obvious signs or symptoms. When diagnosed in the early stages potentially serious illnesses (such as diabetes, ulcers and carcinomas) can be dealt with at an easily treatable stage. The range of home diagnostic test kits currently includes cholesterol level tests, bowel health tests, stomach ulcer tests, urine infection tests, menopause tests, female chlamydia tests, and others.

Comprehensive product information, as well as a list of stockists is now available at www.selfcheck.ie.



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