



# How does the Silver Star Mobile Diabetes Unit visit work?

The Mobile Diabetes Unit (MDU) is equipped with a bed, sink, and an entrance for disabled people. MDU carries out tests measuring the patient's weight, height, waist and finally the glucose level.



**1** After arriving at the venue, it takes approximately 10 to 15 minutes for the MDU to set up. During this period people are asked to complete a simple questionnaire regarding their health.

**2** People are invited one by one into the MDU to take the test. The testing takes approximately 3-5 minutes, during which we measure **weight** and height to get the **Body Mass Index (BMI)\*** and the **Blood Glucose Level\*\***. The results are given immediately after the test.

\* **BMI** is the most widely used diagnostic tool to identify weight problem within a population including: underweight, overweight and obesity. It is measured because long term overweight and obesity leads to diabetes

\*\* **The blood glucose (sugar)** level is the amount of glucose in the blood. It is expressed as millimoles per litre (mmol/l). Normally blood glucose levels stay within narrow limits throughout the day: 4 to 8mmol/l. But they are higher after meals and usually lowest in the morning. In diabetes the blood sugar level moves outside these limits until treated. If a person's result exceeds the limits between 4 – 8mmol/l, we recommend they do some further tests with their GP.

**3** Finally after the completion of the testing session the organisation is presented with a certificate to confirm they took part in the Silver Star Pre-Screening for diabetes.

