



## Article Side

Quick Diagnosis of Diabetes and Blood Pressure is Possible at Home by [Hanley Morgan](#)

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Diabetes and high blood pressure are two factors that play crucial roles in causing complicated health conditions among UK citizens. According to the NHS, controlling these two factors could reduce the increasing rate of serious health complications such as cardiovascular problems, arterial stiffening, blood circulation disorder, heart attack and stroke. However, the main problem with diabetes and high blood sugar is lack of symptoms until the situation becomes really serious. Due to this reason both these health conditions require early diagnosis and continuous monitoring. Thanks to scientific advancement it is possible now to purchase a diabetes test kit and a blood pressure measuring device online so that when it comes to diagnosis or monitoring of these conditions you can do that at the comfort of your home.

Diabetes is characterised by the production and presence of additional sugar in your body and a simple urine test may help you to find out whether you are in danger or not. Kits that can be purchased online are capable of making the diabetes test a simple one and a user can find out the truth about his/her condition simply by observing change of colour of the testing kit. Though diabetes may affect any human being at any stage of his/her life, this problem is found most frequently among people over the age of 40 years. An important reason behind this, as opined by experts, is that aging reduces the natural physical capacity to produce adequate insulin hormone, which is responsible for keeping blood sugar level under control. A test kit for diabetes contains three strips. You should start taking the test two hours after consuming a proper meal. You need to collect your urine sample in a dry clean container and then immerse the test area of the strip completely in the urine. If the level of your blood sugar is higher than normal, then within 90 seconds of the removal of the strip from the container, the colour will change.

Blood pressure disorder, especially high blood pressure, is an important factor in the increased risk of heart attack, stroke and cardiovascular disease. However, the situation is completely controllable if it is diagnosed at an early stage, monitored constantly and proper medications are taken with adequate consultation from a registered physician. It is also important that you take a blood pressure test at regular intervals and determine the correct measures every time you find that the situation is becoming worse. What may help you most in this situation is a blood pressure measuring device. LabsDirect provides you with the unique opportunity to purchase the device online. This digital device is capable of providing you with accurate results about your blood pressure condition and also has the capacity to keep the past 90 records in memory, which makes it simpler for you to get an average of your blood pressure condition in the recent past.

When you purchase the blood pressure measuring device from LabsDirect, it will also contain detailed instructions so that you find it easier to use the device. However, you should make sure that before taking your measurement you are properly positioned, which means lying on your back or placing it on your arm in such a way that is properly rested. Now, you need to wrap your arm properly with the cuff and use the device as instructed in the manual. The results of the measurement would appear on the display screen of the device. If your blood pressure reading shows anything above 140/90 mm Hg, you will know that you are suffering from high blood pressure and you should provide the situation with proper medical attention without delay.

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