



# Controlling Diabetes

With Confidence



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# Introduction

According to the Centers for Disease Control and Prevention (CDC), more than 100 million Americans live with either diabetes or prediabetes. In light of this statistic, this eBook from ARcare serves to educate you on diabetes, its symptoms, and its management, guiding you through the crucial information relevant to living with this condition.

Chapter one provides a basic overview of this condition from its causes to treatments. Chapter two highlights the main symptoms, and chapter three explores five things that will cause your blood glucose to spike. Chapter four traces the signs and symptoms that help you identify when you need insulin. Chapter five explores how and why you are the most important member of your healthcare team, and chapter six examines the ways to manage your diabetes on the go. Lastly, chapter eight features three kid-friendly recipes you and your little one can enjoy together.

We hope this eBook educates and encourages you in your pursuit toward a happier, healthier life.

## CHAPTER 1:

# What You Should Know About Prediabetes and Diabetes

You can be diagnosed with type 1 diabetes during childhood, which occurs when your body makes little to no insulin, or the common diabetes called type 2. When you have blood sugar levels that are higher than they should be, you might be diagnosed with either pre-diabetes or diabetes.

## Causes and risk factors

Pre-diabetes occurs when your blood sugar levels are elevated but not high enough to be considered diabetic. Even though you are not diabetic with pre-diabetes, this condition can still begin to cause health complications. Pre-diabetes and type 2 diabetes occur when your body has difficulty processing sugar, leading to a buildup of sugar in your blood. Your risk of prediabetes or diabetes is higher if you are overweight, inactive, and have a family history of these conditions.

## Symptoms

Pre-diabetes and diabetes typically cause no noticeable symptoms at first. When



symptoms do start to occur, you might experience unusual hunger, unusual thirst, frequent urination, fatigue, blurry vision, frequent infections, or wounds.

### Diagnosis

Your doctor can run tests to check for pre-diabetes or type 2 diabetes, such as A1C tests, fasting blood sugar tests and oral glucose tolerance tests. The results of these tests indicate whether you have normal blood sugar levels or elevated levels that are either pre-diabetes or type 2 diabetes.

### Treatment

For prediabetes, treatment options focus on lowering your risk of developing type 2 diabetes. This generally involves lifestyle changes, such as following a healthy diet and exercising. Diabetes treatment typically includes taking insulin to maintain healthy blood sugar levels and adopting a healthy lifestyle to reduce your risk of health complications. Eating healthy and making other lifestyle changes might be enough to keep your blood sugar levels in a normal range.

If you have trouble with this, your doctor will discuss insulin therapy with you, which generally involves administering insulin injections to lower your blood sugar levels.

## CHAPTER 2:

## Main Symptoms of Type 2 Diabetes

Type 2 diabetes often develops in adulthood. This chronic, progressive disease is associated with increased risk of heart problems, nerve damage, and other issues such as kidney damage. Receiving a diagnosis as early as possible and effectively managing type 2 diabetes can greatly lower the risk of complications and increase the possibility of enjoying a longer, more active life.

However, symptoms may not be noticed because they can show up slowly over a period of years. injured.

## What are the main symptoms of type 2 diabetes?

### Frequent thirst

Diabetes is marked by glucose buildup in the bloodstream. As your body tissues adjust to this buildup, they lose fluid more quickly. Therefore, if you are developing diabetes, you will feel thirstier more often throughout the day.

### Frequent urination

As you increase your fluid intake to satisfy your frequent thirst, your bladder will fill up more quickly. This results in an urgent need to urinate both during the day and at night.

### Frequent hunger

Glucose buildup means that your cells are not efficiently absorbing glucose from your bloodstream and turning it into energy. Therefore, if you have type 2 diabetes, your body is actually losing energy. You will feel hungry more often than usual, and your hunger pangs will be sharper than usual too.

### Unintended weight loss

Even if you are consuming more food and eating more often, type 2 diabetes can cause you to lose weight. This occurs because your body starts to utilize fat and even protein to compensate for its inability to absorb glucose. Instead, the glucose that should be providing your body with energy — which normally allows you to store fat and turn protein into muscle — will be filtered out by your kidneys and eliminated in your urine.

### **Unusual fatigue**

It is normal to feel tired after exercise, when you are hungry, and at the end of the day. Fatigue associated with type 2 diabetes, however, is severe and occurs without an obvious cause. In addition, you might notice that you are feeling excessively irritated over little things, or people close to you might remark that your temper seems unusually short.

### **Frequent infections**

Not only does type 2 diabetes lower the ability of your body to fight infections, the higher levels of glucose in your bloodstream allow bacteria to thrive and proliferate at higher and faster rates. As a result, your kidneys, feet, bladder, gums, and skin may all become sensitized, and you may experience infections in some or all of these areas.

### **Slow healing of sores**

Just as type 2 diabetes makes it easier for your body to harbor infection, it also makes it harder for your body to heal the sores that result from infection. External cuts and other wounds will not heal as quickly either. Yet another consequence of higher levels of glucose in your bloodstream involves reduced blood circulation throughout your body. Therefore, the white blood cells and lymph that your body requires for self-repair will take longer to arrive at wound sites. It will also take longer for these substances to build up to the levels necessary for complete healing.



## **Blurred vision**

Type 2 diabetes and the increased blood-glucose levels that come with it can drain fluid from your eye lenses. When this happens, you will notice blurred vision that does not improve with eye drops or new glasses.

## CHAPTER 3:

# 5 Things That Will Cause Your Blood Glucose to Spike

Understanding blood glucose is critical to managing your diabetes, so check out these five things that can cause your glucose to spike.

## What causes blood glucose levels to rise?

### Carbohydrates

Carbohydrates have been found to affect blood glucose the most. Carbs with a higher [glycemic index](#) tend to cause the most rapid spikes in blood glucose. Plus, counting carbohydrates can be difficult, since getting the number wrong can affect blood glucose.

### Fats

Fatty foods make those with diabetes more resistant to insulin. This means someone eating a fatty meal would need to take more insulin to cover the exact portion of food without the fat.

### Protein

While protein typically has very little effect on blood glucose, in the absence of carbohydrates (such as a low carb meal) or insulin, it can raise blood glucose. Many individuals with diabetes who eat carb-free meals will take a bit of insulin to cover the difference.

### Alcohol

During [alcohol consumption](#), the liver breaks down the alcohol and reduces its output of glucose into the bloodstream. This causes a drop in blood sugar levels. It is not a good idea to drink an alcoholic beverage and skip or delay your meal, because this can cause a low blood sugar event to occur. Conversely, mixers rich in carbohydrates such as juices or tonic can cause your blood sugar to increase.

Just as you would with a meal, make sure to account for the carbohydrates in your alcoholic beverage. If you are unsure how alcohol consumption will affect you, then this is a great time to test your blood sugar before and about one hour after your beverage.

## Tips for avoiding glucose spikes from food

### Medication

Medication for a spike comes in the form of pills or insulin injections. Dosage is incredibly important, because it directly impacts blood glucose.

Moreover, medication timing can also be critical. You can take some medications at any time of day, while others have an optimum time to be taken like at meals. For instance,

taking insulin either before or after a meal is critical for many. Taking medications at the correct time every day, and checking personal blood sugar levels regularly will help ensure that diabetes is being regulated properly.

Remember to consult with your doctor on non-diabetes medications, as these can interfere with your diabetes medications and blood glucose levels.

### Activity

The American Heart Association recommends [150 minutes of moderate aerobic activity exercise per week](#). Moderate aerobic activity is different for everyone. You know you have reached the moderate aerobic activity level when you can talk during your exercise but are not able to converse without becoming short of breath.

Exercise is extremely important in the management of both type 1 and type 2 diabetes. However, exercise can affect each person differently. If it has been a while since you have exercised or have an a medication change (especially with sulfonylureas or insulin), then it is a good idea to check your blood glucose immediately before and after exercising.



Always be prepared for the unexpected. It is a great idea to exercise in a public place or with a partner in case of a low blood sugar event occurs. Carry a fast-acting, easy-to-chew source of carbohydrate with you when exercising. Glucose tabs are inexpensive, non perishable, and can be found at any pharmacy.

A regular amount of light activity has been found to lower glucose. Walking, yoga, and pilates all aid in lowering blood glucose levels. Oppositely, high-intensity exercise like sprinting, running, or weight lifting have been known to raise blood glucose levels. A racing heart, hunger, trembling, headache, and dizziness are all symptoms of a spike in levels.

The science behind this stems from the response of the body to release stored glucose because of adrenaline. You do not have to avoid high-intensity exercise. Every little bit of [exercise does help!](#)

## **Biological factors that can cause your levels to spike**

It is important for those with diabetes to be aware of their blood sugar levels and how their body feels. The following biological factors can cause blood glucose levels to rise.

### **Insufficient sleep**

A good night's sleep is worth its weight in gold. A well-rested body will need less insulin on a good night's sleep. Many have found that the less sleep they get, the more variable glucose levels they find, or the more insulin they need. Also, studies show that not getting enough sleep can lead to poor diabetes management, insulin resistance, weight gain,

and increased food intake.

### **Illness**

Illness can cause the body to release chemicals that lead to the liver releasing more glucose. This causes the body to become less sensitive to insulin. Before getting sick, many with diabetes will run low blood sugar levels.

### **Stress**

Stress is also a factor. It can lead to more glucose being released from the liver, causing the body to become less sensitive to insulin (so that you would need more). This can contribute to changes in mood, causing nervousness, anxiety, and other issues. Exercise, time in nature, yoga, breathing techniques, and meditation can be helpful methods to combating stress.

### **Allergies**

Some diabetes patients have reported a spike in blood glucose levels when their allergies were affected.

### **Smoking**

Studies have shown that those with diabetes who smoke have an increase in insulin resistance and face an increased risk for complications.

## **Environmental factors that can cause your levels to spike**

## **Bad or expired insulin**

Diabetes medications and insulin must be [stored at the proper temperatures](#) to be effective. You should not leave insulin in direct sunlight, a hot car, or in the refrigerator when it should be unrefrigerated, because this can lead to the medicine working improperly. Signs your medication has gone bad is a change in color or cloudy look.

## **Altitude**

Individuals with diabetes in high altitude places have reported that altitude can increase insulin resistance.

## CHAPTER 4

# Signs & Symptoms That You May Need Insulin

A body with diabetes either does not produce enough insulin or does not use the insulin it has effectively, leading to high levels of glucose in the blood.

## Using insulin to treat diabetes

All diabetes patients regardless of types of diabetes, should have a diabetes treatment plan. First, individuals with diabetes are encouraged to incorporate changes into their lifestyle such as diet and exercise. But if an individual cannot lower their diabetes with diet, exercise, or other medications, then they may need to try other medicinal means.

Individuals with type 1 diabetes produce little or no insulin, so they must use insulin injections to compensate. The amount of insulin needed varies from patient to patient. If you have type 2 diabetes, then your medication regimen can include pills, pills and insulin, or insulin alone. It is important to know that your medication regimen will likely change throughout your journey. Whether it is for short-term or long-term control is to be determined by their healthcare provider.



## CONTROLLING DIABETES WITH CONFIDENCE

Different medications are used to treat diabetes. Insulin is generally used to control blood sugar in people with type 1 and 2 diabetes. The goal of insulin injection is to mimic the functions of a healthy pancreas, and produce a controlled amount of the hormone to cope with sudden boosts in blood sugar.

Medications are carefully selected to ensure patients do not experience undesirable side effects, and remain in the correct “normal” blood sugar range for their individual needs. Insulin can be delivered via syringe, insulin pen, continuous delivery pump, or inhaled. Insulin medication is also available in pill form.

## CHAPTER 5:

# **When it Come to Diabetes, YOU Are the Most Important Member of Your Healthcare Team! Here's Why.**

If you have a diabetes diagnosis, then you are the most crucial member of your team. You may not be a doctor, but you are the one who makes decisions that affect your body and lifestyle, so you need to be on top of your treatment plan too.

Here are few rules of thumb that will keep you accountable.

## **Your health depends on regular check-ups**

Having diabetes means knowing which foods to eat and which to avoid. It also means knowing which places to get a physical. Regular checkups are critical for everything from testing levels and treating symptoms to preventing the disease from progressing. Make sure you schedule and attend checkups at least twice a year, and follow advice from your health care team to the letter. Your doctor will check your A1C, blood pressure, and

cholesterol among other tests, because these play crucial roles in minimizing your risk of complications.

## **Mental health affects your diabetes health too**

What you eat plays a big role in your blood sugar levels and blood pressure. But so does what you do and how you think – after all, stress and lifestyle can force your heart to work overtime, just like bad cholesterol. Diabetes is a condition that already compromises your heart health, so it's important to keep an eye on your stress levels and take care of your mental health along with your physical health.

## **Your body will tell you what to do**

Your body gives many different telltale signs of diabetes and diabetes complications, from changes in eye pressure and blood pressure to internal swelling. Fortunately, you do not need medical training to notice all of these signs.

Pay attention to your body so that you can detect early signs of complications. These include cuts, redness, swelling, or blisters on your feet. Of course, you should also test your blood sugar levels at least once a day and alert your doctor if your levels are not ideal.

**Chapter 6**

# **Tips on How to Manage Your Diabetes on the Go**

Each type of diabetes affects your metabolism in a different way, and the treatment plans differ depending on type, severity, and other health factors. Here is how you can manage this condition on the go.

## **Tips for managing diabetes**

### **1. Stick to your schedule to test your blood sugar.**

When creating a diabetes treatment plan with your doctor, you will create a schedule to test your blood sugar. It is important to stay on track. Your blood sugar monitoring schedule can change depending on where you are in your journey.



The frequency in which you check your blood sugar will be determined by your physician but will generally take place several times throughout the day. There are certain times when you need to check you may need to check your blood sugar more often. This may be after a recent medication change, after a large meal, before or after exercise that is more intense than your normal routine, or when you are sick.

Although you may not be eager to increase the amount of time you are checking your sugar levels, it is important to prevent highs, lows, and track your blood glucose level trends as you progress through your diabetes management journey.

Beyond the regular schedule to test your blood sugar, some doctors recommend you [add an extra check](#). This check should be at a random time, outside of your schedule, and change from day to day. Spot checking will help you gain a better sense of how your blood sugar levels are doing.

### **2. Use real-time information to plan your meals and exercise.**

Keeping regular track of your blood sugar allows you to modify your diet and exercise routine to maintain healthy levels. For example, exercise can lower your blood sugar, while eating certain foods like carbs can raise it. Talk to your doctor about creating diet and exercise plans you can modify alongside changes in your blood sugar levels.

### **3. Keep a food diary.**

Diet is one of the most important tools for diabetes management. Keeping a food diary will allow you to stay on track of your diabetes treatment plan, including what foods you

should most closely monitor. For example, people with diabetes should generally monitor their intake of carbohydrates. Carbohydrates are part of a balanced diet. However, too many carbohydrates in one meal can cause your blood sugar to become elevated above the normal range.

If you keep a food diary, then you can review what you ate on days with healthy blood sugar levels and those where your levels may have fluctuated more than normal. This will allow you to see trends and adjust your diet accordingly.

#### **4. Make exercise an everyday activity.**

You should think of exercise itself as medicine, a tool that can help you regulate your blood sugar levels. Instead of staying away from it, talk your doctor and create a plan for a healthy way to exercise.

Beyond helping with your diabetes, [exercise makes you happier](#). Exercise releases endorphins which boost your mood.

#### **5. Manage your stress.**

Managing stress is an important task for every person, but people with diabetes need to take extra care. In people with diabetes, stress can cause glucose levels to rise.

Eating well, exercising, and getting enough sleep all help to reduce stress. If you are experiencing a stressful time in your life due to family issues, finances, or some other reason, then consider seeking help from your doctor or a counselor to create a plan for

stress management.

## **6. Be prepared for an emergency.**

No matter how well you manage your diabetes, there are bound to be times when it gets out of control. You should prepare for these moments as well.

You should have basic supplies on hand at all times. This should include extra medication, extra items to check your blood sugar (glucose meter with extra batteries, test strips, and lancets), and a piece of paper with your diagnosis, treatment plan (medications and when you take them), and emergency contact. You should also have [snacks in case your blood sugar drops](#), food and water, and first-aid essentials.

It is advised that people with diabetes wear a medical ID at all times. In the case of a hypoglycemic episode, you may enter a state where you are unable to explain your diabetes diagnosis and treatment plan. The medical ID will explain symptoms to respondents, police officers, and medical personnel so that they can provide you the proper treatment as quickly as possible.

## **7. Tell your coworkers, friends, and family about your diabetes.**

Managing diabetes is difficult, and you do not have to do it alone. [Telling coworkers, friends, and family](#) will allow them to support you in daily life as well as times of need.

You may also consider building a community with other people who experience diabetes. Most communities have support groups of this type. Ask your doctor to find out about support groups near you.

## CHAPTER 7:

# How to Manage Your Diabetes During the Fall

From festivals to Thanksgiving, this time of year poses many challenges with temptations and foods every diabetic is supposed to avoid. Being aware of the temptations and risks can help you stay healthy and well this autumn.

## Use the new season for a fresh start

Although it is not a bad thing to say goodbye to the endless glut of sugar-drenched summer food and drink, autumn is the perfect time to establish new diabetic lifestyle routines.

## Enjoy healthy seasonal favorites

Many with type 2 diabetes are aware of how severely their dietary choices and hydration affect their overall health and wellbeing. Surprisingly though, many diabetics believe that the autumn crop of apples, sweet potatoes, carrots, and cranberries are off limits for them.

## Keep moving

The American Diabetes Association maintains that [at least 30 minutes of moderate to vigorous activity per day](#) is the minimum a diabetic should try to maintain. Walking is an excellent choice for fall, provided you wear well-fitting shoes that support your feet.

When you live with the possibility of developing diabetic neuropathy, it is imperative that you protect your feet from injury every way you can. If you already suffer from neuropathy, then you know how easy it is to injure yourself without being aware of it. Nothing will put you off a healthy exercise routine like foot pain.

## Avoid dehydration

Avoiding dehydration is a must for a person with diabetes, and water is by far the best choice. By the time you feel thirsty, you are likely already mildly dehydrated. High blood sugar increases the risk of dehydration. Starting to exercise well hydrated and continuing to drink water ensures you are providing your kidneys with all they need to flush toxins from the body.

As the season changes and you move back towards indoor activities, it is important to reestablish healthy routines that ensure your overall well being, protect your skin, maintain good blood sugar levels, and prepare for the excitement the last the last four months of this year will bring.

## CHAPTER 8

# Kid-friendly recipes for children with Diabetes

## How Diet Can Help

Because diabetes is a disease that is so closely tied to food, dietary changes can play a critical role in improvement and relief. While kids can be picky, incorporating a few simple, kid-friendly recipes for children with diabetes into their diet can be a cornerstone of their diabetes management.

When combined with blood sugar regulation, appropriate exercise, and other strategies recommended by your doctor, dietary change can be tremendously helpful!

To help you get started, we have listed some simple, delicious recipes below. [There are plenty out there](#) to discover, but these are among our favorites! Make sure to follow the included links to find even [more recipes](#).

## Example Recipes:

### Crock-Pot Apple-Cinnamon Oatmeal

**Prep time:** 5 minutes

#### **What you need:**

- 1 cup steel-cut oats
- 1 cup skim milk (or milk substitute, such as almond or soy milk)
- 3 cups water
- 1 cup unsweetened applesauce
- 1 teaspoon cinnamon
- 1/4 cup chopped nuts

#### **Equipment and supplies:**

- Slow cooker
- Measuring cups and spoons

#### **What to do:**

1. Place oats, milk, water, applesauce, and cinnamon into the slow cooker. Stir, cover, and set to low.
2. Cook for 7 hours.
3. Top each serving with 1 tablespoon of the nuts and enjoy! You can also top your oatmeal with 1 tablespoon of raisins, but this will increase the amount of sugar in the oatmeal.

**Nutrition facts (per serving):**

- 230 calories
- 8g protein
- 5g fat
- 1g sat. fat
- 39g carbohydrate
- 6g fiber
- 0mg cholesterol
- 35mg sodium
- 10g sugars

**Serves:** 4

**Serving size:** 1 cup

Baked Salmon Sticks with Creamy Lemon-Dill Dip

**Prep time:** 40 minutes

**What you need:**

**Ingredients for the salmon sticks:**

- 2 large egg whites
- 1 cup panko breadcrumbs
- 2 tablespoons flat leaf parsley, finely chopped



- 2 tablespoons parmesan cheese
- 1/4 teaspoon black pepper
- 1-pound skinless salmon fillet, cut into ½-inch strips

### **Ingredients for dip:**

- 1/3 cup fat-free mayonnaise
- 1/4 cup fat-free Greek yogurt
- juice and zest of half a lemon
- 1 teaspoon fresh dill, chopped

### **Equipment and supplies:**

- Cooking spray
- Baking sheet and cooking rack or parchment paper
- Measuring cups and spoons
- Whisk or mixer
- 2 large bowls
- 1 small bowl

### **What to do:**

1. Preheat oven to 400°F (204°C). Line a rimmed baking sheet with a cooking rack and spray generously with cooking spray. If you do not have a cooking rack, line a baking sheet with parchment paper that has been sprayed with cooking spray.
2. In a large bowl, whisk or beat egg whites until they are light and foamy. In another large bowl, stir together the panko breadcrumbs, parsley, parmesan cheese, and pepper. Dip each salmon stick into the egg whites and then press into the crumb

mixture, making sure the crumbs coat the salmon.

3. Place salmon strips onto prepared baking sheet and spray with cooking spray. Bake for 20 minutes.
4. While salmon is baking, make the dip: In a small bowl, whisk together mayonnaise, yogurt, lemon juice, lemon zest, and dill.
5. Serve salmon sticks warm with a small amount of dipping sauce.

**Nutrition facts (per serving):**

- 270 calories
- 30g protein
- 7g fat
- 2g sat. fat
- 19g carbohydrate
- 3g fiber
- 60mg cholesterol
- 350mg sodium
- 3g sugars

**Serves:** 4

**Serving size:** 198g

## PB & Banana Chocolate Chip Cookies

**Prep time:** 1 hour, 30 minutes

### **What you need:**

- 2 cups uncooked regular oats
- 1/2 cup chocolate chips
- 1 cup chopped walnuts
- 1/2 cup creamy peanut butter
- 1/2 teaspoon salt
- 1-1/2 cups mashed banana
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

### **Equipment and supplies:**

- Measuring cups
- Measuring spoons
- 2 mixing bowls
- 1 baking sheet

### **What to do:**

1. Preheat oven to 350°F (176°C).
2. Combine the first 5 ingredients in a large bowl and stir well.
3. In a separate bowl, combine the banana, oil, and vanilla and stir well.
4. Add the banana mixture to dry ingredients, stirring as you add.

5. Let the mixture sit for 15 minutes.
6. Place rounded tablespoon-size scoops of dough onto ungreased baking sheet.
7. Bake for 15 minutes or until lightly golden.
8. Transfer the cookies to wire racks. Cool completely before serving.

**Nutrition facts (per serving):**

- 120 calories
- 3g protein
- 9g fat
- 1.5g sat. fat
- 10g carbohydrate
- 2g fiber
- 0mg cholesterol
- 55 mg sodium
- 4g sugars

**Serves:** about 12

**Serving size:** 1 cookie

**Note:** Nutritional analysis may vary depending on ingredient brands used.

Reviewed by: Mary L. Gavin, MD

## **Our Final Thoughts**

These and other recipes for children with diabetes are a great way to make eating both enjoyable and beneficial. As with any disease, though, it is vital that you find a healthcare provider you can trust.

We hope this eBook served as a resource for understanding diabetes, its symptoms, and its management. This condition poses many difficulties for those who have it, but it does not have to prevent you from living a happier, healthier life.

Take action that benefits your health. For more information about diabetes and improving your health, contact [ARcare today at \(866\) 550-4719](https://www.arcare.com).

Whether in times of illness or good health, having a healthcare provider you can trust is an invaluable assurance.

At ARcare, we believe that peace of mind should not be dependant on health insurance.

If you or your family need quality care, regardless of condition or coverage, set up an appointment with ARcare today. Let us help take care of you and your family, so that you can focus on spending time in good health with those you love.

[Book an Appointment](#)

or call 501-213-1171.

