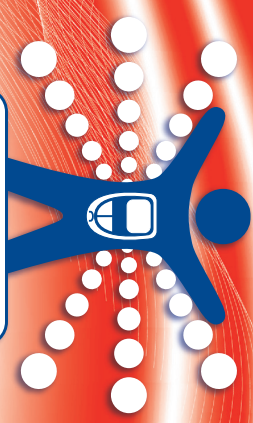


Hemoglobin A1c (HbA1c)



DIABETES

800.414.6314

A hemoglobin A1c (HbA1c) test is a blood test that checks how good your diabetes has been over the past few months.

HOW DOES HbA1c WORK IN YOUR BODY?

- Sugar in your blood sticks to red blood cells.
- Red blood cells are replaced by a new one every 4 months.
- This test will measure how high or low your blood sugar levels have been during the life of the red blood cell.
- A normal HbA1c test is around 6% of sugar attached to the red blood cells.
- When sugar readings are high, sugar is sticking to the cells.
- Remember, when you eat foods with high amounts of sugar, the sugar sticks to your cells, making your HbA1c high.

How blood sugar self-testing results may compare with A1c test results.

This chart below shows how an average daily blood sugar number might compare to a 2-3 month A1c number.

Average* Daily Blood Sugar	A1c Level
135	6%
170	7%
205	8%
240	9%
275	10%
310	11%
345	12%

Average is based on readings taken before and after meals and at bedtime.

The American Association of Clinical Endocrinologists (AACE) recommends that people with Type 2 diabetes reach an A1c goal of 6.5% or less. This goal is important since every 1% increase above 6% elevates the risk of diabetes complications such as stroke, heart attack and loss of limbs.

WAYS TO HELP CONTROL HIGH HbA1c

- Talk with your doctor about setting a glucose goal that fits you.
- Ask your doctor about a healthy food list or diet program.
- Ask your doctor about increasing your activity (example: basic walking 20 to 30 minutes a day).
- Ask your doctor how to use your diabetes medicine when making a diet plan and increasing activities.

TESTING FOR HbA1c

- Blood test shows your doctor how well your blood sugar is controlled
- No fasting is needed
- Done at least 2 times a year
- If you take insulin, it should be done every 3 months
- Write down your number, to help you know how well you are doing
- If you don't know your HbA1c, ask your doctor for the results

FOR MORE INFORMATION

ABOUT DIABETES, CALL 1.800.414.6314 (TTY: 1.800.473.0989).



