

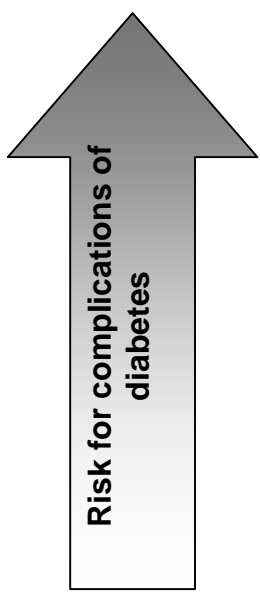
Hemoglobin A1c Test (HbA1c)

What is it? The Hemoglobin A1c test measures your average blood glucose (sugar) level over the past three months. This test, along with your home blood sugar tests, can give you a better overall picture of your diabetes care.

Hemoglobin is one part of a red blood cell. It carries oxygen throughout your body. The glucose (sugar) in your blood attaches to the hemoglobin, where it stays for the life of the red blood cell. The combined hemoglobin and glucose unit is called Hemoglobin A1c (HbA1c). This test measures the percentage of the total hemoglobin that has glucose attached to it. Because red blood cells live for about three months, these tests reflect your glucose levels for the previous 3 months.

How is it done? The test is drawn in the laboratory. It is not a “fasting” test, so you can have it taken any time of the day. The results take two to three days to return.

What is an A1c testing goal? The hemoglobin A1c goal for people with diabetes is a reading of **less than 7%**. If you can lower your hemoglobin A1c number by any amount, you will improve your chances of staying healthy and reduce your chances of getting eye disease, kidney disease, or nerve damage. A change in treatment is usually needed if the hemoglobin A1c is over 8%.



HbA1c (%)		Average Blood Glucose (mg/dl)
14.0	<i>Dangerously elevated levels</i>	415
13.5		398
13.0		380
12.5		363
12.0		345
11.5		328
11.0		310
10.5	<i>Elevated levels</i>	293
10.0		275
9.5		258
9.0		240
8.5		223
8.0	<i>Slightly elevated levels</i>	205
7.5		188
7.0		170
6.5	<i>Normal</i> 4.2-6.2%	153
6.0		135
5.5		117
5.0		100
4.5		82