



NEED TO KNOW

A1C (HbA1c) test

WHAT IS IT?

The hemoglobin A1C test is a simple lab test that shows the average amount of sugar (also called glucose) in a person's blood over the last 3 months. This test shows if a person's blood sugar is close to normal or too high. It's the best test for your doctor to tell if your blood sugar is under control.

WHAT DOES THIS TEST HAVE TO DO WITH YOUR BLOOD SUGAR CONTROL?

The hemoglobin in your red blood cells is what makes them red. The red blood cells have the job of carrying oxygen from the lungs to all the cells in the body. Each cell lives about 4 months. During those 4 months sugar will stick to the hemoglobin. The more sugar in your blood, the more will end up stuck to the hemoglobin and the more glycosylated the hemoglobin becomes. This means an increase in your A1C level

WHAT IS A NORMAL GOAL?

A normal goal should be less than 7.

HOW OFTEN SHOULD I HAVE THE TEST DONE?

The test should be done every six months if in the normal goal range. If not, your doctor should determine how often you need to have it done.

IS THERE ANY DANGER TO THIS TEST?

There is no danger in having the test done. This is a simple test that is done by taking a blood drop from a finger stick. The test can be done in a doctor's office or at a lab. Fasting is not necessary to have this test done.

HOW CAN THIS TEST HELP ME?

Good blood sugar control can make you feel better and have more energy. By controlling your blood sugar you lower the risk of developing major health problems. These problems can harm your kidneys, circulation, heart, feet and eyes. In the long run you can end up enjoying life more.