

## The A1c Test (Hemoglobin A1c)

### DO YOU HAVE DIABETES?

**IF THE ANSWER IS YES, THEN YOU SHOULD KNOW WHETHER YOUR TREATMENT IS WORKING. THROUGH HEMOGLOBIN A1c MONITORING YOU AND YOUR PHYSICIAN WILL BE ABLE TO KNOW IF YOUR DIABETES IS UNDER CONTROL.**

### WHAT IS A HEMOGLOBIN A1c TEST?

- ❖ The A1c test measures your average blood glucose level over the past 2 to 3 months.
- ❖ It is an accurate measure of blood glucose control over time.

### WHY SHOULD I HAVE A HEMOGLOBIN A1c TEST?

- ❖ Good control of near normal glucose levels may significantly reduce your risk for complications.
- ❖ An A1c level of 6% or lower is recommended for diabetics.

### HOW OFTEN SHOULD MY HEMOGLOBIN A1c TEST MONITORED?

- ❖ The American Diabetes Association recommends an A1c test every 6 months if you are meeting your goals. If you are not currently at goal or if your diabetes treatment plan changes you should be tested every 3 months.

<b>A1C Level</b>	<b>Average Plasma Glucose Level</b>
6%-7%	135 -170mg/dL
8%-9%	205-240 mg/dL
10%-12%	275-345mg/dl