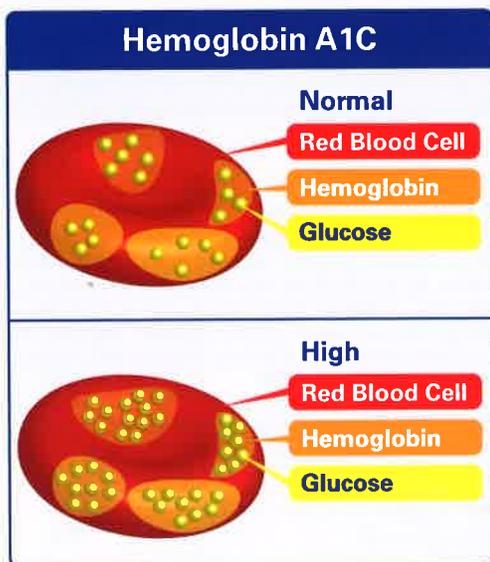


What does A1C mean for you?



What is A1C?

A1C refers to *glycosylated hemoglobin*, or HbA_{1c}. Glycosylated hemoglobin (A1C) forms as a result of glucose (sugar) in the blood combining with hemoglobin in red blood cells. The higher the blood sugar, the more sugar combines with hemoglobin and the higher the A1C.

Looking at the level of A1C is a good indicator of the average blood sugar level over the last 3 months. A1C is expressed as a percentage.

Why is A1C important?

Studies have shown that people with A1C higher than 7% are more likely to have complications from their diabetes. Your risk of developing complications from diabetes decreases with each 1% drop in A1C.

What is normal A1C?

The A1C level for people without diabetes is usually about 4% to 6%. For people with diabetes, the goal of treatment is to keep the A1C at 7% or lower.

Well controlled diabetes				HbA _{1c}	Poorly controlled diabetes					
5	5.5	6	6.5	7%	7.5	8	8.5	9	9.5	10

What is the difference between A1C and blood sugar levels?

Keeping track of your blood sugar levels **day by day** is important to knowing how to adjust your diet and insulin dosage. Keeping track of your A1C level is important to understanding how high or low your blood sugar has been **on average** over the last several months.

How is A1C measured?

A1C is measured through a blood test every 3 months. Talk to your doctor about your A1C level and what you can do to help achieve the best possible control of your diabetes.

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