

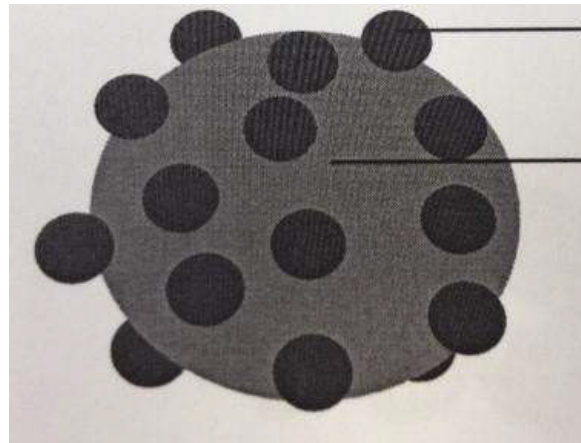
## HEMOGLOBIN A1C

HbA1c%	eAGmg/dl
5	90
5.5	105
6	120
7	150
7.5	165
8	180
8.5	195
9	210
9.5	225
10	240
10.5	255
11	270
11.5	285
12	300
12.5	315
13	330
13.5	345
14	360

Hemoglobin A1c (HbA1c) is a blood test that tells you the average level of glucose (sugar) in your blood over the prior two to three months. It is reported as a percentage and is an important number to know. Your A1c tells you about your risk for complications of diabetes.

Your HbA1c can also tell you your Estimated Average Glucose (eAG). Your eAG is the average level of glucose in your blood 24 hours a day, 7 days a week, for the previous two to three months.

How it works – Sugar sticks to the hemoglobin in the red blood cells. If the HbA1c is too high, it means you have had persistently high blood sugar levels.



Sugar

Hemoglobin Inside  
Red Blood Cell

Date: \_\_\_\_\_ Your A1C: \_\_\_\_\_

Average Glucose: \_\_\_\_\_

Goal: \_\_\_\_\_

**HgA1c < 5.7: Within Normal Range**

**HgA1c 5.8 - 6.4: Pre-Diabetic**

**HgA1c > 6.5: Diabetic**

## RISKS & COMPLICATIONS

High blood sugars, and thus high HbA1c levels, can cause damage to all your body organs, especially the eyes, kidneys, nervous system, and blood vessels, which can lead to long-term complications.

How do I reach my goal? Keep your daily blood sugars in your target range. You will be able to do that by checking your blood sugar, taking your diabetes medications, eating healthy, being active and coming to regularly-scheduled clinic visits.