

Glycated Hemoglobin A1C

What is it?

- **Blood Test**- measures average blood glucose over the previous 6 to 8 weeks
- **RBC (Red Blood Cells)**- contain a protein called hemoglobin, which carries oxygen to the cells throughout the body
- **Glucose Bonds with Hemoglobin Molecules**- lasts for the life of the RBC, which is about 120 days
- **As the Level of Glucose**- circulating in the blood stream rises, the chance that glucose will bond to hemoglobin goes up
- **HbA1C**- measures the percent of hemoglobin that has glucose attached, it is possible to determine how well blood glucose levels have been controlled over the last 3 months, glucose chemically attached to your red blood cells



Who is normal?

- People who do not have diabetes usually are at 5%
- **People with Diabetes set a Goal**- < 7%-Good Control, > 8 % is Poor Control, more than 12% is very poor diabetes control
- **Untreated Diabetes**- can reach levels of 20% HbA1C, if a diabetic runs this high this means their program is not working and needs to be improved immediately
- **When to Test**- test 2-4 times yearly, unless a change in treatment
- **Poor Control/Medication Changes**- should measure every 3 to 6 months



What do I need to do?

- **See a Health Care Provider**- for more information
- **See a Registered Dietitian**- for meal planning
 - **Follow**- your diet plan and exercise daily
 - **See FFF Guide on Diabetes and Diabetic Diet Plans**
 - **Increase**- Fresh fruits, vegetables and whole grain breads and cereals, broiled or baked meats,
 - **Decrease**- sweets, sugars, candies, cakes, pies, pastries, high calorie foods as pizza, macaroni and cheese, casserole and mixed foods, biscuits, cornbread, hushpuppies, sausage, bacon, red ham, sausage, luncheon meats, Vienna sausage, corned beef, high fat meats
- **See FFF**- exercise plans or see a Physical Therapist

