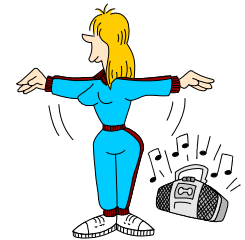




# Glycated Hemoglobin A1C (HbA1C)



## 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 Physician**
- \***See a Registered Dietitian**- for meal planning
- \*Follow your diet plan and exercise daily
- See FFF exercise plans
- \*See FFF Guide on Diabetes and Diabetic Diet Plans
- \***Increase**- Fresh fruits, vegetables and whole grains, decrease sweets, sugars, candies, cakes, pies, pastries, high calorie foods

