Monitor Blood Sugar with HbA1c

- Research has proven that good control of diabetes is the best way to prevent or delay complications of the disease.
- Complications include: heart disease, blindness, nerve damage and kidney damage.
- While your daily blood testing tells you how your blood sugar is doing right then, allowing you to make necessary changes in medicine, food and exercise, it doesn't give you a picture of your long-term diabetes management success.
- For a long term picture of your diabetes management success, there is glycosylated hemoglobin testing (also known as HbA1c).

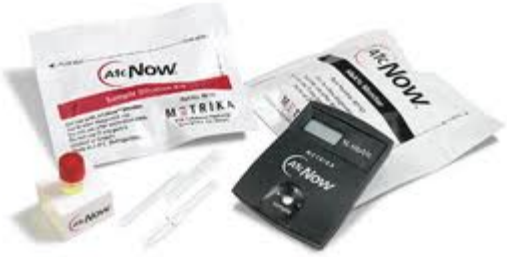
Walker County Healthy Initiatives

Preventing Hospitalizations for Diabetes and Hypertension

WALKER COUNTY HEALTHY INITIATIVES

HEMOGLOBIN A1c/HbA1c

Know Your Number to Help Manage Your Diabetes



What is the HbA1c Test?

- The hemoglobin A1c test (also known as HbA1c or A1c) measures the amount of sugar that is attached to the hemoglobin in red blood cells, with results given as percentages.
- The A1c test is a simple lab test that measures average blood glucose levels over the past 3 months.

Self-testing Glucose Vs. HbA1c

Self-testing your blood glucose at home shows what your blood sugar level is at that one point in time.

HbA1C shows an overview of your glucose control from the past 3 to 4 months. This test should be done every 2 to 3 months.

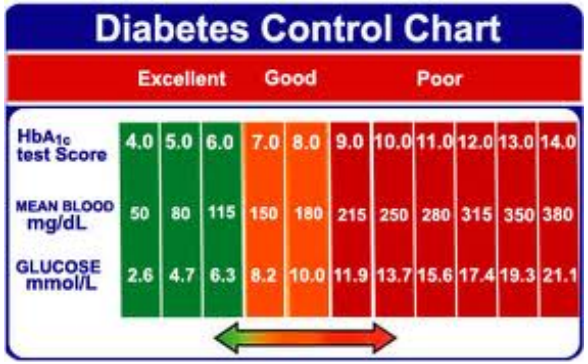
Why should I have an HbA1c Test?

The HbA1C test is the best test to let you know how well your treatment plan is working over time.

The test shows if your blood glucose levels have been close to normal or too high.

The higher the amount of glucose in your blood, the higher your A1C result will be.

A high A1C test result will increase your chances for having health problems.



Taking control of your diabetes can help you feel better and stay healthy!

Keeping blood sugar close to normal reduces your chances of having heart, eye, kidney, and nerve problems that can be caused by diabetes.

To control your diabetes, you need to know your blood glucose numbers and your target goals.

The Effect of Diabetes on Red Blood Cells

- When blood sugar is elevated over a long period of time, a sugary coating called glycosylated hemoglobin develops over the surface of the red blood cell.
- As more of the oxygen carrying hemoglobin is coated, it can decrease the cell's ability to transport oxygen.
- This binding of sugar to molecules in cells is one way diabetes causes physical damage and health problems.
- The lifespan of a red blood cell is approximately 120 days.