Glycated Hemoglobin A1C

What is it?

- <u>Blood Test</u>- measures average blood glucose over the previous 6 to 8 weeks
- <u>RBC (Red Blood Cells)</u>- 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
- <u>As the Level of Glucose</u>- circulating in the blood stream rises, the chance
 that glucose will bond to hemoglobin goes up
- <u>HbA1C</u>- 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%
- <u>People with Diabetes set a Goal</u>- < 7%-Good Control, > 8 % is Poor Control, more than 12% is very poor diabetes control
- <u>Untreated Diabetes</u>- 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
 - <u>When to Test</u>- 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
 - $\circ~$ 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
- <u>See FFF</u>- exercise plans or see a Physical Therapist

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