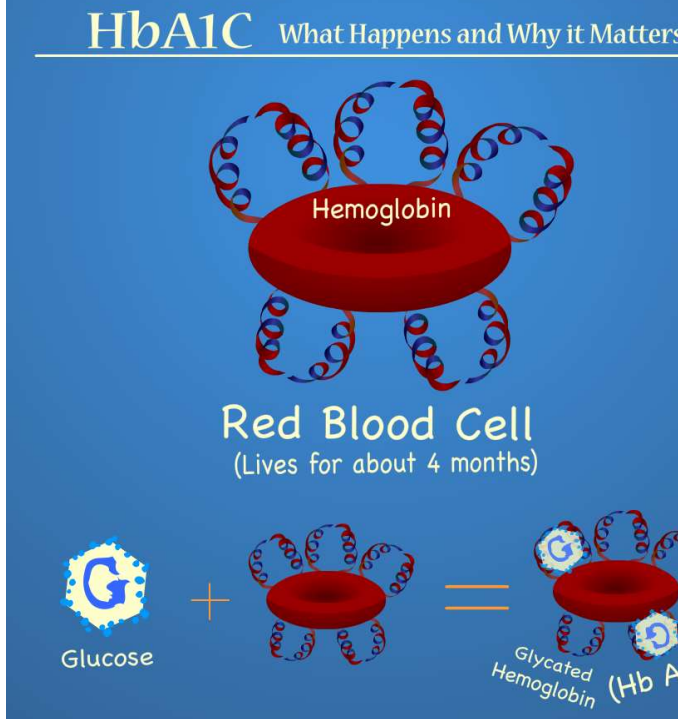
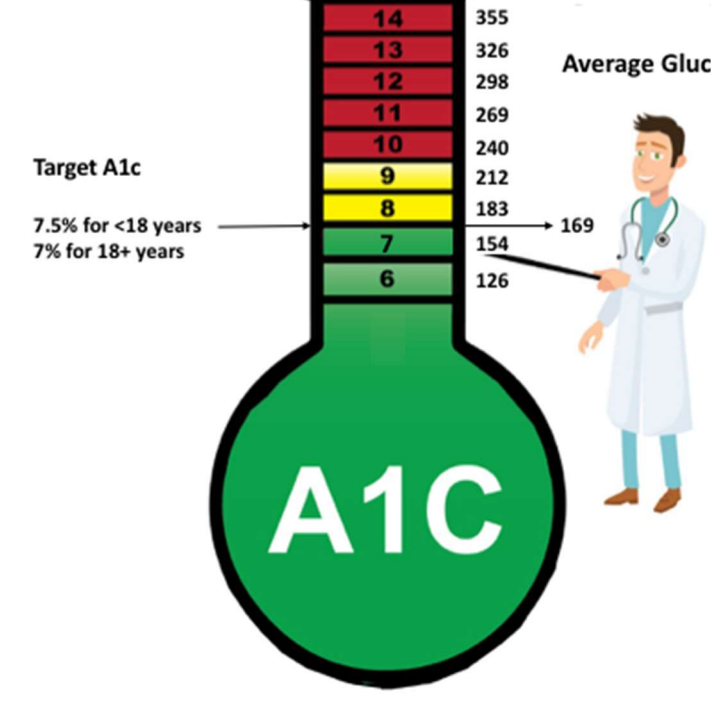


You should work with your doctor to have your Hemoglobin A1C (typically called A1c or HbA1c) measured every 3 months

A1c refers to glycated hemoglobin, and it tells you about your glucose levels over the past 90-120 days.

It can be measured with a small blood sample from a finger stick or from a standard blood draw.

What Happens in the Body?	The A1c Scale																		
 <p>HbA1c What Happens and Why it Matters</p> <p>Hemoglobin</p> <p>Red Blood Cell (Lives for about 4 months)</p> <p>Glucose + Hemoglobin = Glycated Hemoglobin (Hb A1c)</p>	 <p>The A1c Scale</p> <p>Average Glucose</p> <table border="1"> <tr><td>14</td><td>355</td></tr> <tr><td>13</td><td>326</td></tr> <tr><td>12</td><td>298</td></tr> <tr><td>11</td><td>269</td></tr> <tr><td>10</td><td>240</td></tr> <tr><td>9</td><td>212</td></tr> <tr><td>8</td><td>183</td></tr> <tr><td>7</td><td>154</td></tr> <tr><td>6</td><td>126</td></tr> </table> <p>Target A1c</p> <p>7.5% for <18 years 7% for 18+ years</p> <p>169</p> <p>A1c</p>	14	355	13	326	12	298	11	269	10	240	9	212	8	183	7	154	6	126
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<p>When glucose levels are high, a larger amount of sugar “sticks” to proteins in your body. This is called “glycosylation.”</p> <p>This can be measured by testing the percentage of hemoglobin molecules in your blood that have sugar attached.</p>	<p>The chart below shows how your three-month average glucose level is related to your A1c. The ADA recommends that we strive to maintain an A1c level lower than 7.5%.</p>																		

High glucose levels can affect your eyes, kidneys,

and the nerves in your hands, feet, and other parts of your body.

However, research has shown that if you keep your glucose levels close to the target, the risk of complications decreases dramatically.

This helps you to avoid Severe Kidney Disease, and even Amputation(s) due to uncontrolled Diabetes.