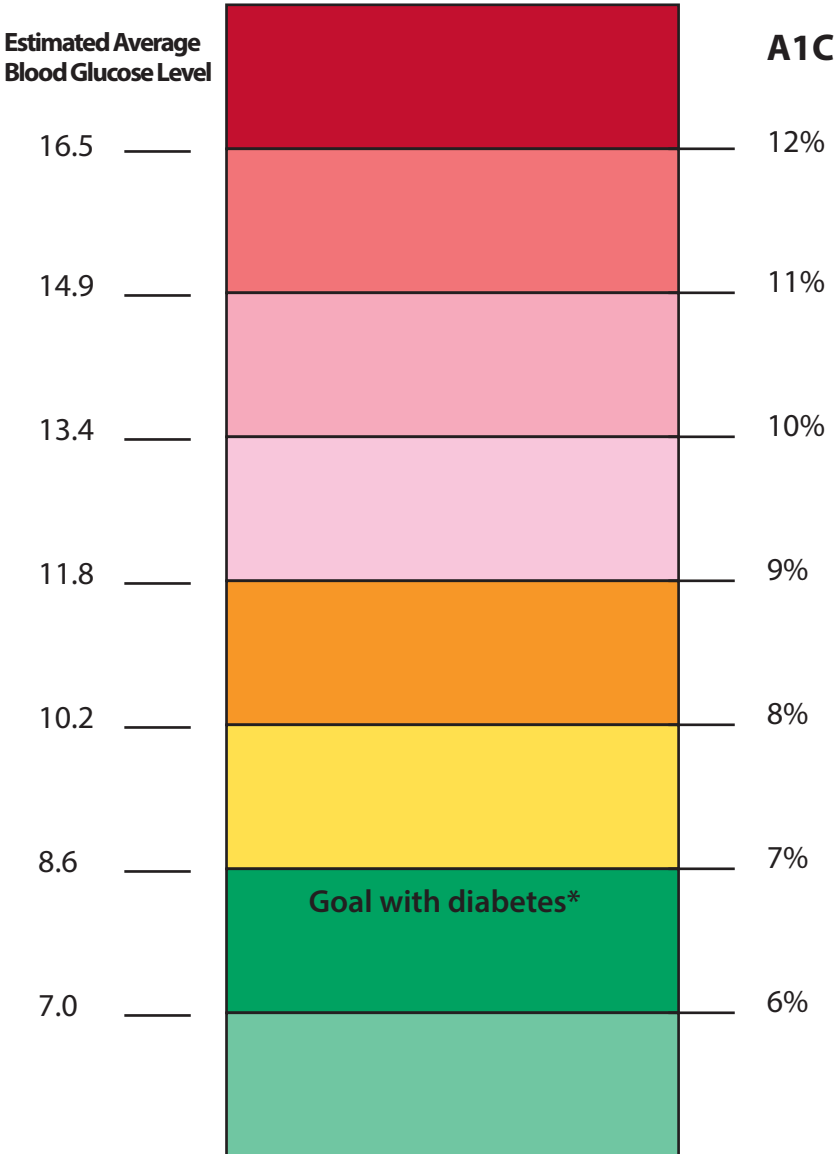


Measurement of A1C indicates your level of blood glucose (sugar) control for the past three months



* **Note:** A1C and glucose targets may vary for the elderly population. Discuss with your health care professional what targets are best for you.

A1C – Glycosolated hemoglobin

Just as your car needs a check-up...so does your body

Whether you have Type 1 or Type 2 diabetes, a glycosolated hemoglobin (A1C) blood test can tell you how well you are managing your diabetes. A reasonable goal for people with diabetes is to keep blood glucose (sugar) levels between 4.0 and 7.0 mmol/L before meals and bed and 5.0 to 10.0 mmol/L one to two hours after meals. Blood glucose levels in these ranges equal a A1C test of under 7%.

Blood glucose levels are constantly changing with lower values usually before you eat and higher values one to two hours after meals. In order to get a complete 24 hour picture of your blood glucose you would have to test your blood glucose every hour! This is not practical or expected. So, this is why a A1C blood test is done.

How does this test measure your Blood glucose control?

Glucose (sugar) in your blood sticks to hemoglobin (red blood cells in your blood that carry oxygen). The more glucose there is in your blood, the more glucose that will stick to the red blood cell, giving a higher A1C result.

Since glucose stays attached to the red blood cell for the lifespan of the cell (approximately three months) this is an estimate of your blood glucose control for that time period.