

## What is an A1C?

**A1C** measures the amount of glucose stuck to hemoglobin, found in red blood cells.

It represents your **average** blood glucose over the past 3 months.

It is expressed as a percentage.

### What are the targets?

The target A1C for most people with diabetes is  $\leq 7\%$  but can vary from 6.5% – 8.5% depending on the individual.

### Why Lower my A1C level?

Research demonstrates that **improving A1c by just 1% cuts the risk of eye, kidney and nerve disease by 25%**.

Research has also shown that people with type 2 diabetes who reduce their **A1c level by 1%** are:

- **19%** less likely to suffer cataracts
- **16%** less likely to suffer heart failure
- **43%** less likely to suffer amputation or death

### How does the A1C reading compare to my daily blood glucose levels?

A1C	Average Blood Glucose Level
14%	23.4 mmol/L
12%	19.5 mmol/L
10%	15.5 mmol/L
9%	13.5 mmol/L
8%	11.6 mmol/L
7%	9.6 mmol/L
6%	7.6 mmol/L

### How can I lower my A1C?

- By achieving **safe** blood glucose control
- Talk to your educator, pharmacist or doctor to develop the right plan for you
- This may include:
  - ✓ Implementing meal planning
  - ✓ Participating in physical activity
  - ✓ Taking diabetes medications as prescribed
  - ✓ Checking your blood glucose
  - ✓ Monitoring your A1C

### How often should I get my A1C tested?

A1C testing should be repeated **every 3 months** and requires a lab test.

If you have good blood glucose control, test A1C at least twice a year.