

Adult Health Bulletin



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THIS MONTH'S TOPIC:

THE A1C TEST FOR DIABETES

What is the A1C test?

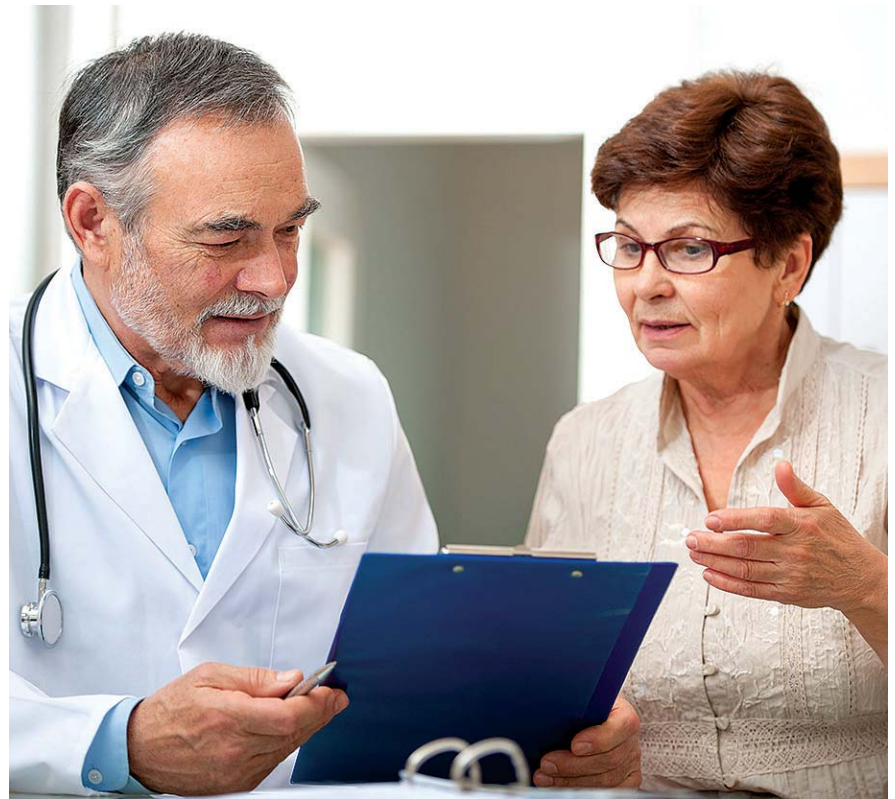
Do you know someone who has diabetes? If you or someone close to you has diabetes, you may have heard about a test called A1C. This is a blood test used to first diagnose diabetes. After a diagnosis, the A1C test may be used to help determine how well the disease is being managed.

There are other names for the A1C test. These include:

- Glycated hemoglobin
- Glycosylated hemoglobin
- Hemoglobin A1C
- HbA1C

What does this test do?

This test helps your healthcare provider determine your average



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Did you know that almost 26 million adults and children in the U.S. have diabetes?



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blood sugar level for the 2-3 months before the blood was taken. If you have diabetes and you test your blood sugar levels regularly, that test only shows the blood sugar level at the time that you took the test. The A1C test looks at a broader range of time. This range can show how well the diabetes overall treatment is working.

When the A1C level is high, it may indicate there has been trouble keeping the blood sugar level under control. A higher A1C level also could mean that you are at a higher risk for health problems related to diabetes.

Did you know that 79 million people in the U.S. have prediabetes and are at higher risk of developing type 2 diabetes?

- Type 1 diabetics may have the test done 3-4 times a year.
- A person with type 2 diabetes and using insulin may have the test done 4 times a year.
- A person who has trouble keeping their blood sugar in a determined range may have the test 4 times a year.
- A type 2 diabetic who does not use insulin and manages their blood sugar well may only have it done 2 times a year.

A person with diabetes should talk to their healthcare provider to determine how often the test should be done and its importance in their overall treatment.

SOURCES:

- Mayo Clinic. A1C Test www.mayoclinic.com/health/a1c-test/MY00142
- Diabetes.org

How often is the A1C test done?

How often the test is done depends on the type of diabetes, the treatment plan and the ability of the diabetic to manage their blood sugar.

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