

A1C

What's Your Number?



**The Little Known
A1C Test Tells You
A Lot About
Staying Healthy.**



BD

Indispensable to
human health

“I’ve never heard of an A1C test. What can it do for me?”



“It can help you find out how you have been managing your diabetes every 3-4 months.”

- Check your overall blood sugar average.
- Compare your results to your previous A1C tests.
- When your A1C number is high, talk to your doctor or diabetes educator about what changes you can make to help lower your blood sugar.
- Set a target with your doctor or diabetes educator and work toward it to feel better and reduce the risk of diabetes complications.



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**Check your average
long-term blood
sugar level with
the A1C test.**

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Think of it as your blood sugar control batting average.



Like most people, your blood sugar levels go up and down minute to minute. How high is it now? Or at 3 a.m.? You can't test your blood sugar levels constantly. So how can you know if your blood sugar levels are in overall control?

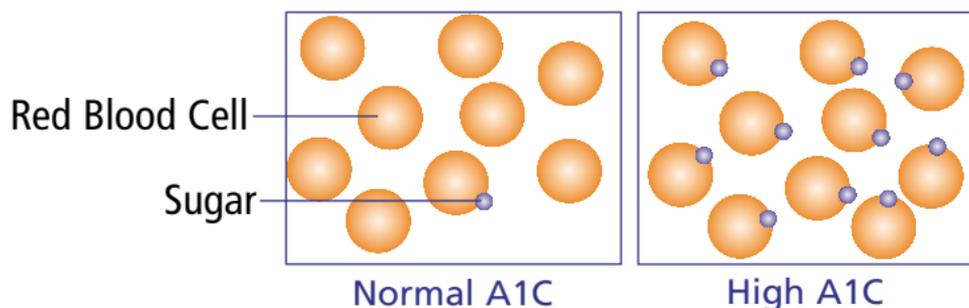
This booklet introduces you to a test that provides a *two to three-month average* of your blood sugar level. It's called the glycosylated hemoglobin test (pronounced *gli-ko-se-la-tid he-ma-glo-bin*), often referred to as the A1C test.

Think of your A1C result like a batting average. Sometimes Babe Ruth hit home runs. Sometimes he struck out. But his batting average let people know that he was a great hitter. In the same way, the A1C test can let you know how you have done at controlling your diabetes during the past few months.

Your blood cells have a "memory"!

The A1C test measures the amount of sugar that attaches to protein in the red blood cell. Because red blood cells live for about three months, A1C tests show your average blood sugar during that time.

The greater the amount of sugar in your blood, the higher your A1C results will be. High blood sugars over a long period of time may cause damage to large and small blood vessels. This may increase your risk of diabetes complications.



Who benefits from knowing their A1C number?

All people with diabetes benefit from knowing their A1C number. If your number is at near normal, you know you are managing your diabetes well. If your number is higher than normal, it will provide a starting point for you to work toward a lower number.

Why is knowing your A1C number important?

Research has found a direct link between high blood sugar levels and the complications of diabetes. In fact, reducing your blood sugar levels to near normal can help reduce your risk of eye problems by up to 76%; nerve damage 60%; and severe kidney problems 56%.^{1,3} An A1C test can lead to better care, helping you reduce your risk of diabetes complications.

How often should you have this test?

You should have this test for the first time when you are diagnosed with diabetes. From then on, people with either insulin dependent (type 1) or non-insulin-dependent (type 2) diabetes should take this test three to four times a year.² Talk to your doctor or diabetes educator about scheduling this test if it isn't being done.

How can you compare the results of your daily blood sugar testing to your A1C test?

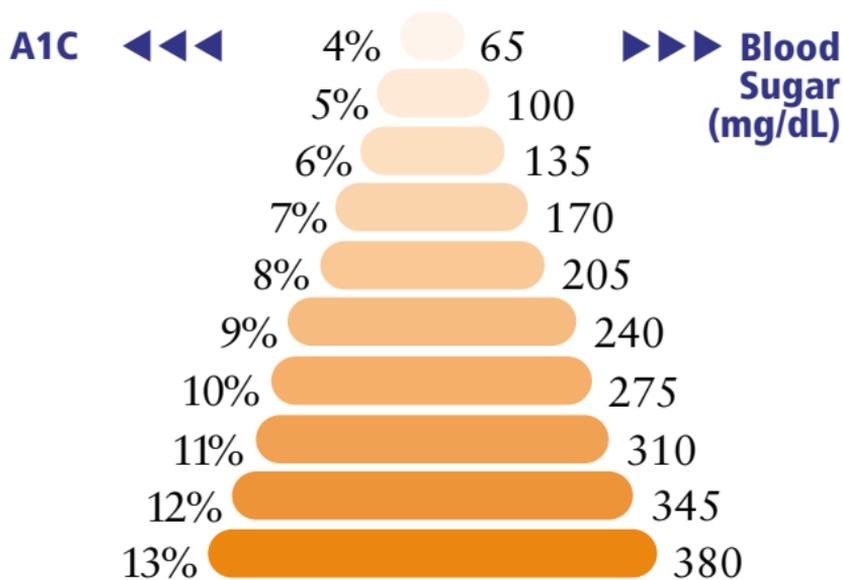
Here's a chart you may use as a guide. In this example, the normal range is from 4% to 6%. Your lab may have a different normal range, so always ask for your lab's normal range.

¹ The New England Journal of Medicine. 1993; 13:977-986.

² As suggested by Staged Diabetes Management™ Program, developed by the International Diabetes Center, 1995.

³ UK Prospective Diabetes Study Group: Intensive blood glucose control with sulphonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33) Lancet 352:837-852, 1998

HOW TO COMPARE*



What's your number?

You should talk to your doctor or diabetes educator about A1C testing. You should make it a regular part of your diabetes care. To help you keep track of your test results, use the back page of this booklet.



* American Diabetes Association: Clinical Practice Recommendations 2003. *Standards of Medical Care* "Correlation between A1C level and mean plasma glucose levels" *Diabetes Care*, Vol. 26. Suppl p538.

My A1C Test Record

Name: _____

The normal range for my lab is _____ % to _____ %.

Test Date	Goal	Results	Next Test Date
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_____	_____ %	_____ %	_____
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_____	_____ %	_____ %	_____
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_____	_____ %	_____ %	_____
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_____	_____ %	_____ %	_____
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_____	_____ %	_____ %	_____
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_____	_____ %	_____ %	_____
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Remember to always discuss your test results with your doctor.

BD wants you to know about the latest advances in diabetes care. BD is working to improve the quality of life for people with diabetes.

For more information call us toll free at:

1.888.BD CARES (232.2737)

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EMERGENCY INFORMATION**

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