

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 reported as a percentage.

What should my A1C be?

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

Why should I lower my A1C level?

Research shows 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 my A1C compare to my daily blood glucose levels?

| A1C | Average Blood Glucose Level |
|-----|-----------------------------|
| 14% | 19.7 mmol/L |
| 12% | 16.5 mmol/L |
| 10% | 13.4 mmol/L |
| 9% | 11.8 mmol/L |
| 8% | 10.1 mmol/L |
| 7% | 8.6 mmol/L |
| 6% | 7.0 mmol/L |

How can I lower my A1C?

- By achieving **safe** blood glucose control
- Talk to your diabetes educator, pharmacist, or doctor to develop the right plan for you
- This may include:
 - ✓ Implementing meal planning or diet changes
 - ✓ Increasing your physical activity
 - ✓ Taking diabetes medications as prescribed
 - ✓ Checking your blood glucose at home
 - ✓ Monitoring your A1C every 3 months

How often should I get my A1C tested?

A1C testing should be repeated **every 3 months** and requires a blood test to be done at the lab. If you have good blood glucose control you should still get your A1C tested at least twice a year.