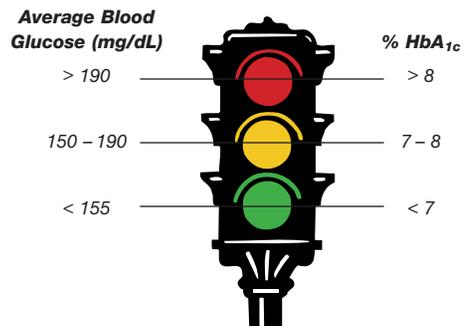


## Your HbA<sub>1c</sub> Test Results

Here is an image to help you understand your HbA<sub>1c</sub> results.<sup>5</sup> If your HbA<sub>1c</sub> level is less than 7%, you are doing an excellent job of obtaining near normal glucose levels. If your HbA<sub>1c</sub> level is greater than 8%, some change in your treatment plan may be needed; check with your doctor. Achieving your target HbA<sub>1c</sub> level is the best way to reduce the risk of developing long-term complications.



## References

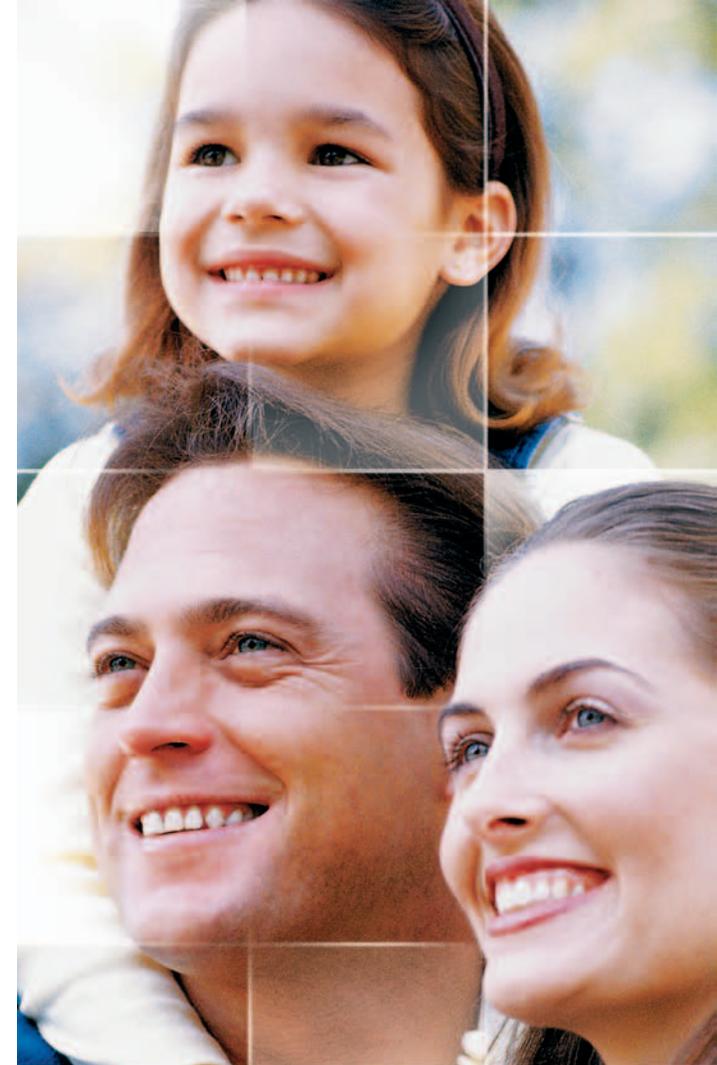
1. DCCT Research Group. "The Effect of Intensive Treatment of Diabetes on the Development and Progression of Long-Term Complications in Insulin-Dependent Diabetes Mellitus." *N Engl J Med* 1993; 329:977-86.
2. ADA. "Implications of the United Kingdom Prospective Diabetes Study (Position Statement)." *Diabetes Care* 1999, (S1), 27-31.
3. ADA. "Test of Glycemia in Diabetes (Position Statement)." *Diabetes Care* 1999, (S1), 77-79.
4. ADA. "Standards of Medical Care for Patients With Diabetes Mellitus (Position Statement)." *Diabetes Care* 1999, (S1), 32-41.
5. Goldstein DE, Little RR. "Bringing Order to Chaos: Standardizing the Hemoglobin A<sub>1c</sub> Assay." *Contemp Int Med* 1997; 9(5):27-32.

## My HbA<sub>1c</sub> Test Results

Name: \_\_\_\_\_

My lab's normal range is \_\_\_\_\_% to \_\_\_\_\_%.

Date	Goal (%)	Results (%)	Next Test Date



## Keeping You Informed

**Keeping You Informed:** A series of literature designed to keep you informed about the latest advances in diabetes care.

If you want to learn more about diabetes, visit us at: [diabetes.bio-rad.com](http://diabetes.bio-rad.com)

Ask for Your HbA<sub>1c</sub>  
Diabetes Test Today.

**BIO-RAD**

**Bio-Rad  
Laboratories**

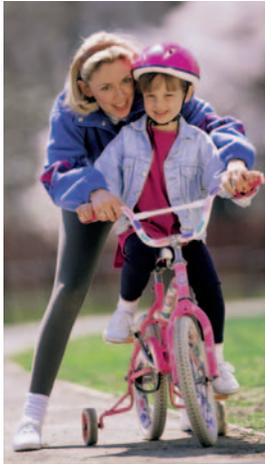
© 2004 Bio-Rad Laboratories  
All rights reserved.  
[www.bio-rad.com](http://www.bio-rad.com)

10/04 DG04-598 A-158

**BIO-RAD**

## Introduction

Diabetes is a chronic, yet treatable condition. Recent medical studies<sup>1,2</sup> have shown the value of tight blood sugar control in delaying and slowing diabetic complications. Tight blood sugar control is beneficial for all people with diabetes. It can reduce complications including



diabetic eye problems, kidney disease and nerve damage.

Two main tests are available to help achieve good blood sugar control. At home, self-testing of blood glucose has proven to be beneficial.

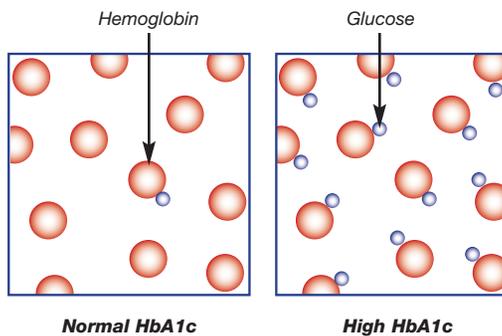
In the doctor's office or lab, a test called glycohemoglobin (GHb) or Hemoglobin A<sub>1c</sub> (HbA<sub>1c</sub>) is used. The HbA<sub>1c</sub> test is an excellent measure of long-term blood glucose control.

## What is HbA<sub>1c</sub>?

In the blood stream, sticky glucose attaches to hemoglobin (hemoglobin is the protein in red blood cells that carries oxygen). As the glucose level increases, so does the amount of hemoglobin with glucose riding piggyback. Once glucose attaches to hemoglobin, it stays attached and becomes glycohemoglobin.

The HbA<sub>1c</sub> test is a test with a memory. It tells your doctor about your average glucose control over the past 2–3 months.

The American Diabetes Association (ADA) recommends regular HbA<sub>1c</sub> testing.<sup>3</sup>



## What are the Benefits of HbA<sub>1c</sub> Testing?

By measuring the percentage of HbA<sub>1c</sub>, doctors can estimate the average blood glucose level over the life span of the red blood cells. In other words, the HbA<sub>1c</sub> test reveals long-term control over the last 2–3 months. HbA<sub>1c</sub> values will begin to reflect major changes in diet and therapy in about 3–4 weeks after the change. While home blood sugar testing is like a snap shot, HbA<sub>1c</sub> testing is more like a full length movie — it provides an overall view of your glucose control.

## Reaching Your Goal

Your doctor uses your HbA<sub>1c</sub> results to fine tune your treatment. The normal range for the HbA<sub>1c</sub> test is between 4% and 6%. However,

people with diabetes may have an HbA<sub>1c</sub> level greater than 10%. In uncontrolled diabetes, the level may be even higher.

The ADA recommends that the goal for good glucose control is 7% HbA<sub>1c</sub>.<sup>4</sup> Be sure to work with your doctor to set your own treatment goal.

## How Often Should You be Tested for HbA<sub>1c</sub>?

If you have stable glucose control and are meeting your treatment goals, the ADA recommends that you be tested twice a year for HbA<sub>1c</sub>. If your treatment changes or you are not meeting your goals, quarterly tests are recommended.



Getting an HbA<sub>1c</sub> test is easy. It only requires one sample of blood, drawn at any time of the day, including right after a meal.

Recent studies show that many people with diabetes do not receive the recommended number of HbA<sub>1c</sub> tests. To ensure the best possible care, be sure to ask your doctor for an HbA<sub>1c</sub> test today. Also, it is important to ensure that your doctor uses a certified HbA<sub>1c</sub> test. Remember, you'll be looking at the trend in your HbA<sub>1c</sub> numbers over time, so quality is important.