

Why You Need Annual A1c Testing

An Important Step for Proper Diabetes Care

Do you know how to control your blood sugar?

A1c ≤ 7%

For patients with diabetes. At this level, studies have shown that people experience fewer long-term complications such as blindness, kidney damage, nerve damage, heart diseases.

A1c ≤ 8%

For older patients and people with a history of severe hypoglycemia, which can lead to falls and injuries.

Why should A1c be tested annually if you have diabetes?

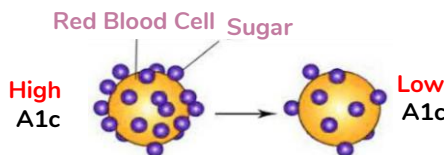
Testing can help you and your healthcare professionals:

- ✓ evaluate whether your blood sugar and diabetes are in good condition
- ✓ work with you to monitor the disease and help make treatment decisions to prevent complications such as blindness, kidney damage, nerve damage, and heart diseases.



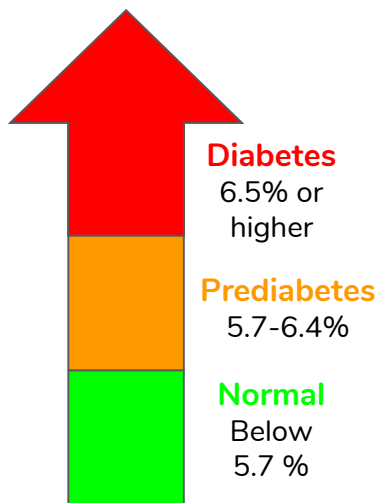
What is the A1c Test?

- The A1C test is a blood test that provides information about your average levels of blood glucose, over the past 3 months.



- The A1C test result is reported as a percentage. The higher the percentage, the higher your blood glucose levels have been.

A1c Test Results



A1c (%)	Estimated Average Glucose (eAG) (mg/dL) eAG = 28.7 × A1c - 46.7
6	126
7	154
8	183
9	212
10	240
11	269
12	298
13	326
14	355
15	384

How to get tested

This test is performed by your local health care provider using blood samples. Discuss your results with your physician to get the right treatment to prevent any diabetes complications.

Know your A1c result and get tested today!



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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