



UNDERSTANDING A1C

DIABETES SCREENING & MONITORING



The A1c shows the average amount of sugar attached to your red blood cells over the last 90 days (3 months). Red blood cells live for 90 days!

NORMAL: BELOW 6.0 %
PRE-DIABETES: 6.0 - 6.4 %
DIABETES: 6.5 % OR ABOVE

MY A1C IS:
_____ %

WHAT DOES MY A1C MEAN?

YOUR A1C %	AVERAGE BLOOD SUGAR
6.0 %	7.0
7.0 %	8.6
8.0 %	10.2
9.0 %	11.8
10 %	13.4
11 %	14.9
12 %	16.5



HOW OFTEN SHOULD I CHECK MY A1C?

IF YOU HAVE PRE-DIABETES: • Check your A1c every 6 months

IF YOU HAVE DIABETES: • Check your A1c every 3 months

NO DIABETES BUT YOU ARE 40 YEARS OLD OR OLDER:

- Check your A1c every year (or every 2 years if stable)

CHECK MORE FREQUENTLY, OR EARLIER IF:

- You have a first degree relative with diabetes (mom, dad, sister, brother, child)
- You are overweight
- You had diabetes during pregnancy (gestational diabetes)
- You have an A1c of 5.5-5.9% or fasting blood sugar of 5.5-6.0 mmol/L

MY NEXT A1C CHECK IS _____

SOME MEDICAL CONDITIONS CAN AFFECT A1C ACCURACY

- Anemias (eg, iron deficiency, hemolytic anemia, sickle cell)
- Hemoglobinopathies
- Graves Disease
- Severe Liver Disease
- Severe Renal Disease
- Being on corticosteroid medications increase the A1c levels