

## Hemoglobin A1C

Hemoglobin A1C is a laboratory test which reflects the average amount of blood sugar in the body over the past 3 months. It can be measured quickly and accurately by a finger prick.

It can be more reliable than simple glucose tests because it shows blood sugar levels over a longer period of time.

Hemoglobin A1C measures the amount of glycosolated red blood cells: those cells that have been carmelized or "stuck with sugar." Because the average red blood cell lives about 3 months, we can determine the relative amount of blood sugar present over the same amount of time.

Hemoglobin A1C is a screening tool for diabetes. The average blood sugar correlates with the following Hemoglobin A1C levels:

<b>Hemoglobin A1C (%)</b>	<b>Mean Blood Sugar Level (mg/dl)</b>
6	135
7	170
8	205
9	240
10	275
11	310
12	345