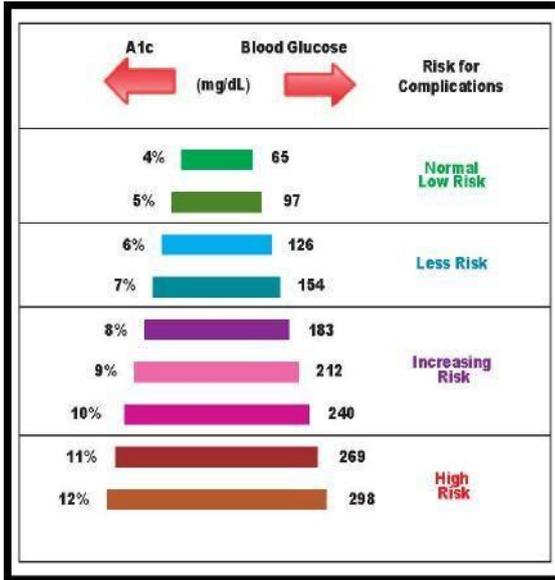


# What Is Your Quality of Life Number?

The Quality of Life Test, also known as the



**A1c or HbA1c test**, measures the amount of sugar that attaches to protein in red blood cells. Because red blood cells live for about 90 days, A1c tests show your average blood sugar during that time. The greater the amount of sugar in your blood, the higher your A1c results will be. **High blood sugars cause damage to large and small blood vessels.** This will increase your risk of diabetes complications. The blood test that you do with your meter tells you what your blood sugar is for that one second of the day. There are 86,400 seconds in a day and 7,776,000 seconds in 90 days. To find out what your true average blood sugar is over 90 days, it would take over 7 million test strips at a cost of 6 million dollars. Or you can get an A1c test! Your A1c result on the chart can be converted to your average blood glucose.

Think of your A1c results as a **"Quality of Life"** number

because the lower the number, the less chance that you

will have complications from your diabetes such as kidney failure, blindness, limb amputation, strokes and heart attacks. **The normal A1c range for a healthy person without diabetes and who is not overweight is between 4.3 and 4.5%.** According to the American Diabetes Association (ADA), if your A1c is above 7% you need to make some changes quickly to prevent complications. The American College of Endocrinologists recommends that your A1c should be below 6.5% and as close to normal as possible. But if you want to reduce your risk for complications, then it needs to be as close to normal as possible without causing hypoglycemia.

In the *Epic-Norfolk Study*, researchers compared the A1c results of 9000 people, some of whom were diabetic, some of whom were not. **Compared to people who had an A1c of 5%, those whose A1c's were higher at 6% had a 28% increase in cardiovascular death for women and 26% increase for men.**

By working to improve your A1c number, you will improve your quality of life. Watch for the A1c number to be reported in your lab results as an eAG (average blood sugar) and not A1c.

**According to the ADA, the diagnosis of diabetes is an A1c of 6.5% and the diagnosis of prediabetes is an A1c of 5.7 to 6.4%. Don't be fooled, prediabetes causes damage too.**

**Know your Quality of Life number TODAY! And prevent the complications from diabetes TOMORROW!** Fifty percent of the result of the A1c test comes from the last 30 days, so there is no reason to wait 90 days to check your A1c. **The A1c test is a great motivational tool to keep you on track and lets you know if you are making the right or wrong decisions with your diet, exercise and medications!**

My A1c Test Record: Name: _____				
Date	A1c Result	% Avg Blood Glucose	mg/dL. A1c Goal:	%

\* American Diabetes Association: Clinical Practice Recommendations 2003. *Standards of Medical Care* "Correlation between A1C level and mean plasma glucose levels" Diabetes Care, Vol. 26. Supl p538. Provided by [www.diabetesincontrol.com](http://www.diabetesincontrol.com) © More information [www.a1ctest.com](http://www.a1ctest.com). 800-798-6972