Facts about HbA1c

- Your HbA1c level is an estimate of your average blood sugar level over the last 2 to 3 months. Approximately half of the contribution comes from the last 30 days.[1]

- If your HbA1c is high, you and your clinican may discuss changes to your diet, exercise, and possibly medications to help reduce your HbA1c, which could help reduce your risks.

- In fact, it's been shown that 1% reduction in HbA1c lowers risk of complications such as eye, kidney, and nerve disease by 40%.[2]

Helpful resources

Diabetes Australia (DA)
www.diabetesaustralia.com.au

National Diabetes Services Scheme (NDSS)
www.ndss.com.au

Children with Diabetes
www.childrenwithdiabetes.com

International Diabetes Federation (IDF)
www.idf.org

Juvenile Diabetes Research Foundation (JDRF)
www.jdrf.org

For more information visit us online at www.pocd.com.au

www.pointofcarediagnostics.com.au

POCD
Point of Care Diagnostics

Understanding your HbA1c result

Your average glucose value over a 2-3 month period and what it tells you.

Name:

Date:

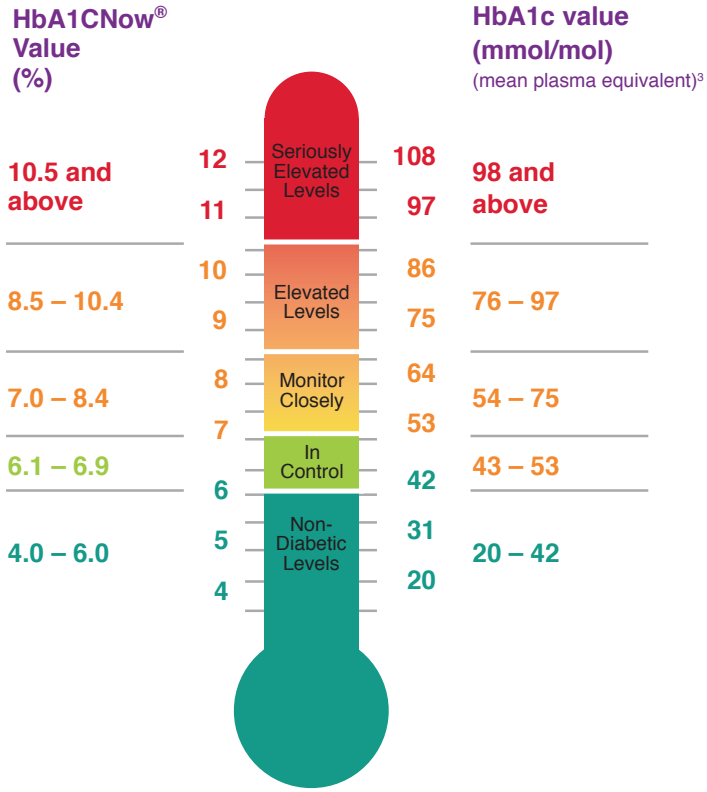
My HbA1c today:

My HbA1c goal:

My long-term HbA1c goal:

A1CNow® SYSTEMS

For more information visit us online at www.pocd.com.au



Notes:

[1] Calisti L, Tognetti S. Measure of glycosylated hemoglobin. Acta Biomed 2005; 76(Suppl 3): 59-62.

[2] UKPDS 35. BMJ 2000; 321:405-12.

[3] Nathan, DM, Kuenen, Borg, R, Zheng, H, Schoenfeld, D, Heine, RJ. "Translating the A1C Assay Into Estimated Average Glucose Values" Diabetes Care Volume 32 (8), August 2008.

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