

Hemoglobin A1C

Thanks for the memories

Think of your hemoglobin A1C as a memory bank that can remember your blood sugar levels for the past 3 months. When the sugar in your blood is around for a long time, it's harder to get off. The hemoglobin A1C can "take a picture" and see your blood sugar levels for the past 3 months.



So how do you know how your blood sugar levels are doing??? Get your hemoglobin A1C tested and compare to the chart below...The lower the better!

Hemoglobin Memory

Blood Sugar

Hemoglobin A1C % value	Mean blood sugar level (mg/dl)
6	135
7	170
8	205
9	240
10	275
11	310
12	345