

Hemoglobin A1C

SUGAR STICK

Check your blood sugar levels for the past 3 months using the hemoglobin A1C. Think of your hemoglobin A1C as a sugar stick. When the sugar in your blood is around for a long time it sticks to the proteins and it gets harder to get off. The sugar sticks to proteins and live for about 3 months before they die off. The test 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!

SUGAR STICK

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