

Hemoglobin A1C Sugar Stick Demonstration

Materials: sugar cubes
2 containers of play dough



Directions:

- 1) Take each container of play dough and form into two separate ball shapes.
- 2) Place several sugar cubes onto the surface of one and just a few on the other ball of play dough. Push them in enough so the sugar cubes stick. Use the picture below as an example.
- 3) The play dough represents the blood and the sugar cubes represent the hemoglobin A1C level.
- 4) The visual on the left with few sugar cubes is the desired goal. The Hemoglobin A1C level is low meaning blood sugar levels for the past three months have been controlled.

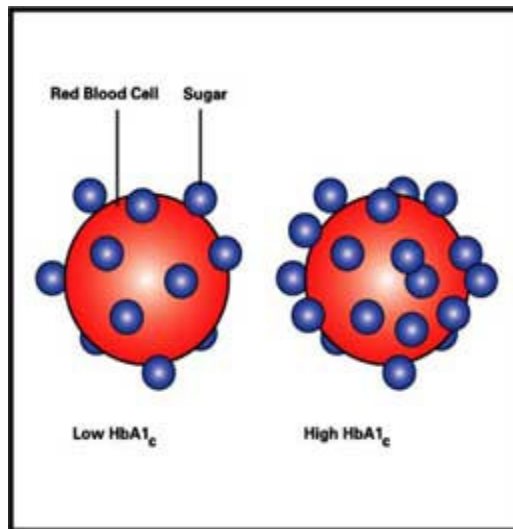


Fig. 1

- 5) The visual on the right with several sugar cubes shows a high HgA1C level. Blood sugar levels for the past 3 months have been too high and the sugar cubes are like glucose that has accumulated and is stuck to the proteins in the blood.