

A1c TEST



The **A1c** test is a blood test that measures a person's average blood glucose over the previous two or three months.

Why the A1c test should be performed?

1. This test is most often used to diagnose diabetes.
2. It is also used to ensure that the diabetes treatment is working and to serve as a guide for your doctor to make changes in recommendations.
3. The test is useful in helping predict your risk of experiencing complications related to diabetes.

When should the A1c test be performed?

It is recommended that this test be performed at least once a year. However, if you suffer from diabetes the doctor may suggest you take the test at least twice a year to check whether or not the treatment's goals are being achieved.

What are the values used to diagnose diabetes?

Diabetes
6.5% or higher

Pre-diabetes
from 5.7% to 6.4%

Normal
Less than 5.7%

What is the recommended value for people that suffer from diabetes?

The American Diabetes Association recommends A1c levels lower than 7% for adults (no-pregnant) that suffer from diabetes. Your doctor can customize this goal based on your medical history (how long you've had diabetes, risk of hypoglycemia, existing complications, and history of cardiovascular diseases). Ask your doctor what is the right level of A1c.

References:

A1C, National library of Medicine EE.UU.
<https://medlineplus.gov/a1c.html>

American Diabetes Association. Glycemic targets. Sec. 6. In Standards of Medical Care in Diabetes-2022. Diabetes Care 2022;45(Suppl. 1):S83-S96

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