



HbA1C

At each clinic appointment, we will check your HbA1C.

This is a test which indicates your average blood glucose levels for the past 2-3 months. The HbA1C measures the amount of sugar carried around your body in the red blood cells.

The **national target** for HbA1C is < 6.5% or 48 mmol/mol.

Having good control of your diabetes has been shown to reduce the risk of diabetic complications such as:-, kidneys problems, heart disease, damage to the retina in the eye, and damage to the nerve endings.

The way we **report the HbA1C results** has changed. Previously we were reporting only in percentage but in line with the rest of the developed countries we have started to use the results in a different format. These are the HbA1C values with guidance on level of control.

HbA1C (glycemic) control	HbA1C in mmol/mol	HbA1C in %	HbA1C in mmol/mol	HbA1C in %
Very High	86mmol/mol	10%	91mmol/mol	10.5%
High	75mmol/mol	9%	80mmol/mol	9.5%
Caution	64mmol/mol	8%	69mmol/mol	8.5%
Good	53mmol/mol	7 %	58mmol/mol	7.5%
Excellent	48mmol/mol	6.5%		

If your Hba1c is high (>9% or 75mmol/mol), or is increasing each time we see you in clinic, we may suggest ways that you may be able to improve your diabetes control. You may need to change the type of insulin that you use, or increase the number of injections you give. You may be asked to attend extra appointments to help improve blood sugar levels.

However, the best way to improve your diabetes control, is to monitor your blood sugars regularly and let us know about the sugars that are high on a regular basis.

Increasing your insulin will help to improve your blood sugars and in turn improve your diabetes control.

We may set a target for you in clinic, to try and improve your diabetes control step by step. As trying to achieve a large drop in Hba1c may be difficult.