



Vitreo-Retinal Associates, P.C.

Hemoglobin A1c

Get it. Know it. Lower it.

Your Hemoglobin A1c (HbA_{1c}) is a very important number. Excess sugar sticks to red blood cells and red blood cells live for 90 days; the Hemoglobin A1c test reflects your blood sugar control over the previous three months.

**For most people who have diabetes,
an HbA_{1c} level of 7% or less is a common target.**

- If your HbA_{1c} level is higher than 7 percent, your doctor may recommend a change in your diabetes treatment plan.
- Remember, the higher your HbA_{1c} level, the higher your risk of diabetes complications.
- For every one percentage point drop in your HbA_{1c}, diabetes complication rates drop by 10% or more.

HbA1C – Blood Sugar Comparison Chart

HbA _{1c} Level	Average Blood Sugar Level (mg/dL)
4%	60
5%	90
6%	120
7%	150
8%	180
9%	210
10%	240
11%	270
12%	300
13%	330

Notes:
