

## Hemoglobin A1c (HbA1c )

### Your HbA1c

Reference Range\*: 4.5%-5.7%

6.1

NAME: Jane Doe  
DOB: 12/11/1986  
PATIENT ID: JDoe  
SAMPLE ID:

COLLECTION DATE: 03/15/2018  
RESULT DATE: 03/17/2018  
PROVIDER:  
ACCOUNT: Consumer

YOUR LEVEL

Desirable Range: 4.5% - 5.7%

4%

4.5%

5%

5.5%

6%

6.5%

7%

\* Reference Range is representative of a normal patient population. Visit our FAQ section for more information.

The Hemoglobin A1c (HbA1c) test measures the percentage of A1c hemoglobin proteins that have glucose attached. The higher your blood glucose is on average, the more glucose there is attached to the hemoglobin A1c protein. Your HbA1c level reflects your average blood glucose over the past 3 months. A healthy HbA1c is below 5.7% while a level above 5.7% indicates chronic elevated glucose and warrants a discussion with a healthcare provider. Elevated HbA1c can be reduced and managed through diet and lifestyle modifications. You can expect to see changes in your HbA1c level when you retest in 3 months after making significant diet and lifestyle changes.

Glucose is a carbohydrate found in your blood and is used by almost all body tissues for energy. Carbohydrates are found in many different starchy foods such as rice, potatoes, bread, pasta, cookies, cakes, candy, and pastries. Fruits and vegetables also contain various amounts of carbohydrates. Glucose is transported into your cells by insulin and used for energy. If insulin becomes less effective or too much glucose is entering your blood stream and is unable to be utilized for energy, over time your average blood glucose will increase and HbA1c will rise.

Glucose is an important and necessary energy source for your body tissues and brain, but too much glucose circulating in your blood stream over time can cause damage to blood vessels and organ tissues. Smaller blood vessels in the kidneys, eyes, and toes can be affected. Chronically elevated blood glucose is associated with increased risk of diabetes, cardiovascular disease, and cognitive disorders.

Please consult your doctor before making any changes to your diet or supplementation regimen. Limiting your intakes of ultra-processed foods, reducing or eliminating added sugars, eating protein with every meal, and increasing fiber intake can all lower blood sugar levels. Increasing physical activity, managing physical and psychological stress, and getting adequate sleep can also help manage blood sugar. It is important to be aware if you have certain medical conditions such as polycystic ovarian syndrome, thyroid conditions, iron deficiency, chronic liver disease, or sleep disorders that may affect your body's ability to metabolize glucose. Some medications and supplements may also affect glucose levels, so it is important to discuss your medications and medical history along with your test results with a healthcare provider.