



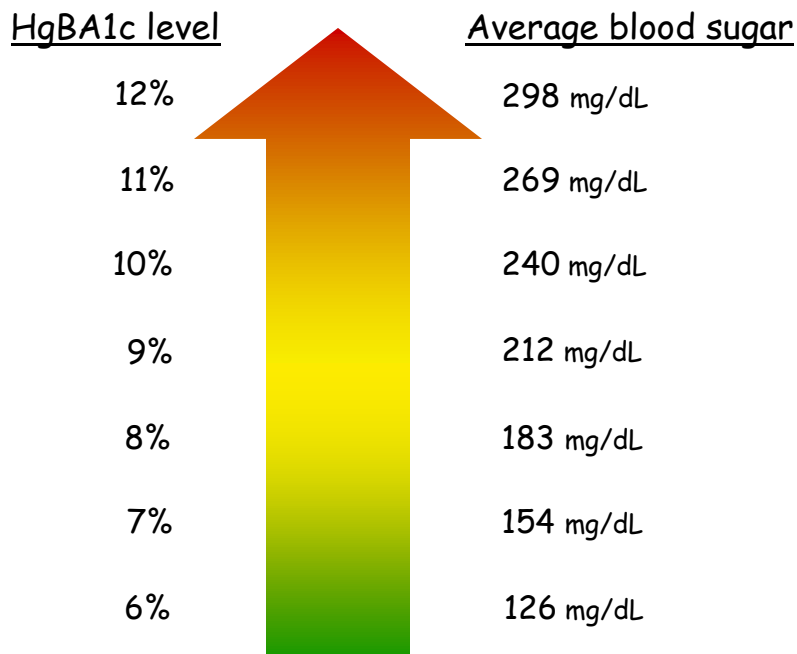
Hemoglobin A1c (HgbA1c) is a test that shows the percentage of your hemoglobin bonded to glucose. It is one of the main tests used to decide if you have diabetes. Your HgbA1c result gives a good estimation of what your average blood sugar was in the past 2 to 3 months.

## What your HgbA1c means<sup>1</sup>:

If your hemoglobin A1c level is...	Less than 5.7%	5.7% to 6.4%	6.5% or more	8% to 9.9%	10% or more
You are in the range of...	Normal	Pre-diabetes	Type 2 diabetes	Diabetes poorly controlled	Uncontrolled Diabetes

## Long-term consequences of poorly controlled diabetes

- 1.) Increased risk of dying from **heart attacks** and **strokes**.
- 2.) Increased risk of **kidney failure**, **blindness** and **amputations**.
- 3.) Major **birth defects**, such as heart defects or other organ malformations, in **very early pregnancy**, before most women even know they are pregnant<sup>2</sup>.



## When your blood sugar is in good control you can have a healthy life!

1. <http://www.niddk.nih.gov/health-information/health-topics/diagnostic-tests/a1c-test-diabetes/Pages/index.aspx>
2. Normally, about 2.5% of all babies have birth defects. Birth defects start to increase when Hgb A1c is 7.0% or more. Studies showed that HgbA1c 9.5% or more resulted in 22% of babies with of severe birth defects. HgbA1c 11.5% or more resulted in more than half of the babies with severe birth defects.