

Your guide to your HbA1c test result

HbA1c – Why is it important?

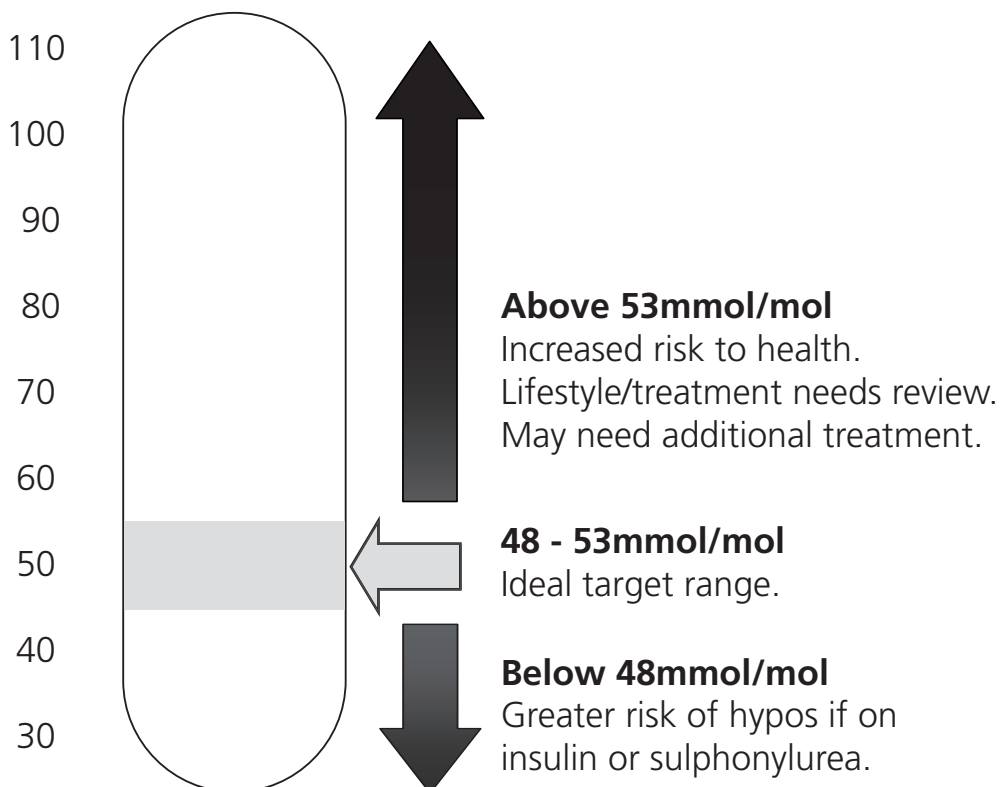
HbA1c is the term used to describe the amount of glucose (sugar) that has “stuck” to the red blood cells in your blood stream. It is used as a guide to the amount of glucose that has “stuck” to other more important parts of the body such as the eyes, the kidneys, the nerves and the blood vessels.

HbA1c changes slowly so it is usually only measured every 3 - 6 months – it is a guide to how your blood glucose levels have been during this period.

People with an HbA1c between 48 - 53mmols/mol have the lowest risk of complications or other health problems with their diabetes.

Your current HbA1c result is **mmol/mol**

Mmol/mol



Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence) www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202 Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111 www.northumbria.nhs.uk

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