

## HEMOGLOBIN A1C - \$30

These screenings are intended to provide information to be used by health care professionals to detect potential problems and help make you more aware of your health. If, after reading this pamphlet, you still have questions concerning your blood chemistry results, please call your doctor.

### YOUR BLOOD TESTS

You and your doctor can learn a great deal about your health from a sample of your blood. Sometimes test results will be abnormal before you have any symptoms. If symptoms have developed, laboratory tests help confirm that a problem does exist. A normal test result is just as significant as an abnormal result. When a result is normal, it not only helps you rule out disease, but it also establishes a baseline for you. Each person has their own baseline "normal". A person's own results are the best baseline for monitoring any change that takes place in the future. If any of your values are significantly different from previous results, contact your doctor.

### MEDICATIONS AND FASTING

Non-prescription drugs (aspirin, cold medications, vitamins, etc), prescription drugs, alcohol consumption and your fasting time may affect screening results.

**Fasting is NOT REQUIRED for accurate results. Speak with your doctor if you have concerns about medication interference with result values.**

**HEMOGLOBIN A1C** is the average amount of sugar (glucose) that has attached to the hemoglobin in your red blood cells over the life of each cell (~90 days). The hemoglobin A1c test measures your average blood glucose level over the previous three months, and is reported as a percent. The A1c value is reported as an estimated average glucose in units, which is similar to meter readings. Please refer to the conversion chart for more information.

**ESTIMATED AVERAGE GLUCOSE (eAG)** is an estimated average of your blood sugar (glucose) levels over a period of 60 to 90 days. This estimated average is calculated based on your hemoglobin A1C value. The eAG is reported in the same unit measurements that are typically used by a blood glucose monitor, making comparisons for at-home monitoring simple.

**DIABETES** is a serious disease that can affect your whole body. A diabetes diagnosis means that your body is not able to produce or use insulin properly. As a result, there is more glucose (sugar) in your blood than normal. Controlling diabetes is important to prevent complications such as heart disease, blindness, kidney disease, and amputation. Knowing if your treatment plan is keeping you healthy over time is very important. Therefore, it is essential to use a meter to check your blood glucose every day and have a diabetes screening panel completed periodically (~every three months).

### A1C to eAG Conversion Chart

A1C%	eAG mg/dl
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

## YOUR SCREENING RESULTS

**IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY DISEASE OR HEALTH PROBLEMS WITH THIS BLOOD SCREEN ALONE.**

It can help you learn more about your body and detect potential problems in early stages when treatment or changes in personal health habits can be most effective.

Screening results that fall outside of Sheridan Memorial Hospital's reference range (range of expected screening values) are separated out from the rest of the results to highlight them. They are printed with an **H (high)** or **L (low)** on the report. The reference range for each test is listed on the right side of your blood report, or by clicking the result value in your Patient Portal.