Talk with Your Doctor

What can I do to lower my A1c?

___ Maintain blood sugar within acceptable range (80-120)
___ Do home blood glucose testing regularly and keep records
___ Have regular check ups with your health care team
___ Find ways to manage stressful situations
___ Stop smoking and/or avoid being around second hand smoke
___ Get regular physical activity
___ Eat a healthy balanced diet

YOUR ROLE IS IMPORTANT
Set personal goals to control your diabetes and review and revise them often

This product was supported in part by Grant/Cooperative Agreement Number U32/CCU322734 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the author and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

And by the Diabetes Initiative, a national program of The Robert Wood Johnson Foundation

Marshall University
Robert C. Byrd Center for Rural Health
Richard Crespo, Ph.D.
1600 Med. Center Drive
Huntington, WV 25701
304-691-1193
crespo@marshall.edu
What is the A1c test?

The Best Test of Blood Sugar Control for People with Diabetes - It's a simple lab test that shows the average amount of sugar that has been in a person's blood over the last 3 months. It tells you and your doctor if your blood sugar is close to normal or too high.

The A1c test is very important because lowering A1c levels by ANY amount improves a person's chances of staying healthy and helps delay or prevent serious eye, kidney, and nerve problems.

A1c QUIZ

1. How often should your A1c test be done?
   __ A. At least twice a year
   __ B. Every 2 years
   __ C. Once a month

2. What should your A1c % be?
   __ A. 10 %
   __ B. 25 %
   __ C. 7% or less

3. You have to be fasting for an A1c test.
   ___ True    ___ False

4. What can you do to improve your A1c?
   ___ A. Eat balanced meals
   ___ B. Be physically active
   ___ C. Manage your stress
   ___ D. All of the above

What was your last A1c %?

____________________________

When is your next A1c test due?

____________________________

Quiz Answers:
1. A; 2. C; 3. False; 4. D