

Hemoglobin A1c and Blood Sugar Targets

The hemoglobin A1c blood test gives us valuable information about:

- Your average blood sugar levels for the past 2-3 months (day and night, before and after meals)
- Your risk for having long term problems from diabetes (Kidney, Eye, Nerve damage)

RISK LEVEL	HBA1C LEVEL (%)	AVERAGE BLOOD SUGAR
LOW	4.0	60
	5.0	90
	6.0	120
	7.0	150
MODERATE	8.0	180
	9.0	210
HIGH	10.0	240
	11.0	270
	12.0	300

Blood Sugar Targets:

Before meals: 80-100

Two hours after meals: under 180

Lowering blood sugar by only 30 points will decrease your A1c by 1 point and decrease long term problems by up to 25%!