



A1C Test for Diagnosing Diabetes



Overview

This simple test measures the amount of glucose in your blood over a period of time. We also call glucose "blood sugar." A higher-than-normal glucose reading is a sign that you have diabetes, or that you are at risk of developing it. Let's take a moment to learn more.

How do you take the test?

What does the test involve? It's quick and easy. We take a sample of blood from a vein in your arm. We send this sample to a lab for analysis. We may need to sample your blood on two different days so we can compare them.

What does it measure?

What does this test measure? It sees the amount of hemoglobin proteins in your blood that are coated with glucose. A single A1C test gives us a good idea of the average level of glucose in your blood for about the past three months.

Results

The result from your test is shown as a percentage. How do we read the result? If your score is below 5.7 percent, we say your result is "normal." You don't have diabetes. If your score is 5.7 percent to 6.4 percent, we say you have "prediabetes." This means you have an increased risk of developing diabetes and cardiovascular disease. And if you score 6.5 percent or higher on two separate tests, you have diabetes.

Conclusion

If you have prediabetes, we may test you every year so we can monitor your health. For more info about the A1C test, talk to your doctor.