**A GUIDE TO HbA1c**

Meta Description:

HbA1c – a complete guide to the most important protein in the body.

Keywords:

HbA1c , blood sugar count, average blood sugar, A1c test

What is HbA1c?:

If you have ever been diagnosed with diabetes, or have known anybody who is diabetic, you may have seen or heard the term HbA1c being thrown around. So, what exactly is HbA1c?

Before we jump into that, there are three distinct components present in the blood: red blood cells, white blood cells, and plasma. While white blood cells fight off infections and the plasma provides a liquid foundation for the cells, red blood cells are a little more varied in terms of function.

The red color of red blood cells is often attributed to hemoglobin. Hemoglobin is present in the blood and helps transport oxygen from the lungs to all the other tissues of the human body. And one of the more important types of hemoglobin protein is HbA1c.

Often referred to as glycated hemoglobin, HbA1c develops when hemoglobin in the blood combines with the glucose in the body. A measurement of HbA1c in the blood is helpful in painting an overall picture of the blood sugar present in the body. This, in turn, is used to determine if a person has diabetes.

The hows of HbA1c:

The A1c test directly correlates the percentage of A1c present to the average blood sugar level over the past three months. A good rule to remember is that the greater the percentage of A1c, greater is the level of blood sugar.

HbA1c testing is a good measure over which future blood sugar levels can be brought under control, and following certain scenarios help with achieving an ideal HbA1c percentage. Similarly, a high blood sugar count implies a high percentage of HbA1c in your blood as well.

The most ideal target for diabetic patients is an A1c percentage of 6.5%, or an average of 48 millimoles per mole .

When it comes to common diagnostics, a HbA1c count of 6% or lesser is considered to be normal average blood sugar, whereas a count between 6% to 6.5% is an indication of prediabetes. Greater than that, and you will have entered the diabetes arena.

Keeping it under control:

Diet and exercising have been found to be medically helpful when it comes to keeping your blood sugar in check. That, in combination with insulin if diabetic, can lead to having a healthy lifestyle despite the disease.