VITALS VAULT

FREE GUIDE

Before you read your A1C

A1C is read off your red blood cells, so anything that changes those cells can shift the number. Tick what applies and bring this to your clinician.

CAN MAKE A1C READ LOWER THAN YOUR REAL AVERAGE

- [ ] Recent blood loss or heavy periods
- [ ] Red cells breaking down faster than usual
- [ ] Kidney failure
- [ ] Treatment with EPO
- [ ] Recently treated iron, B12 or folate anemia

CAN MAKE A1C READ HIGHER

- [ ] Untreated iron, B12 or folate anemia
- [ ] Steroid medication
- [ ] Pregnancy
- [ ] Spleen removed
- [ ] Ongoing illness or physical stress

MY NUMBERS

A1C and date _____

Fasting glucose and date _____

Home or monitor readings _____

QUESTIONS TO ASK

- [ ] Could anything I ticked explain a gap between my A1C and my glucose?
- [ ] Is another test worth adding, such as fructosamine or a glucose tolerance test?
- [ ] Should my blood count or iron be checked first?
- [ ] When should we repeat it?

Sources: How A1C depends on red cell lifespan is standard physiology. See ADA Standards of Care.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com