

## Patient information

# My HbA1c and individual care plan

## Transition Team

### What is HbA1c and what should it be?

HbA1c is a measure of how much glucose (sugar) is attached to the red blood cells. The more glucose in your blood the higher it will be. It is not the same as the readings you get every day from your finger prick tests. The HbA1c is a reflection of your blood sugar control over the last 2 - 3 months. Your HbA1c should be 48mmol (6.5% or lower).

### Why should my HbA1c be less than 48mmol (6.5%)

Your HbA1c will be lower if the majority of your blood sugar readings are in target. Your blood sugar target to achieve this should be 4 - 7.0mmol and no higher than 9mmols after a meal.

Pre-meal	4 – 7.0 mmol
Post meal	5 – 9 mmol
Before bed	4 – 7.0 mmol
Overnight	4 – 7.0 mmol

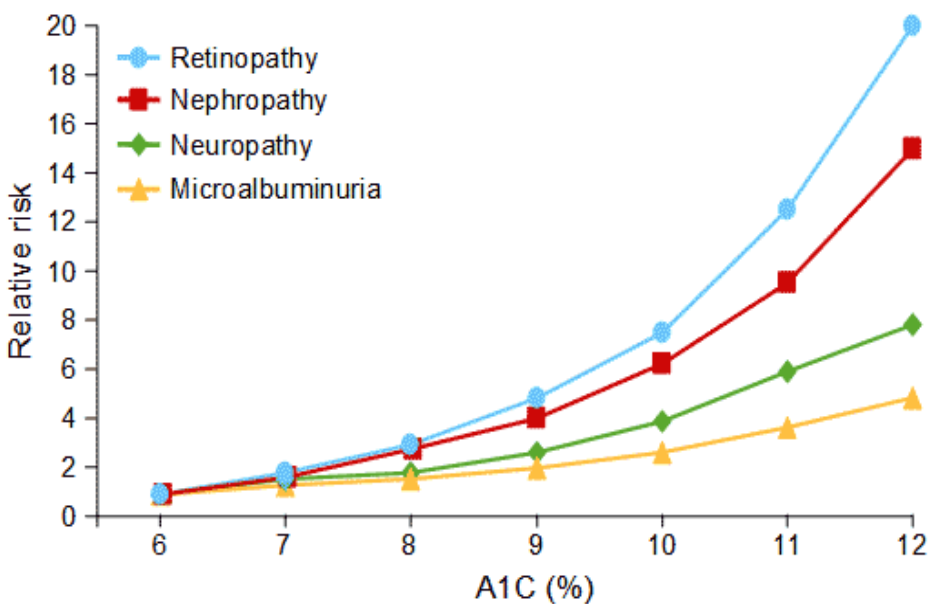
Research has shown that a lower HbA1c means better short and long term health. This means that day to day you will feel better, be able to concentrate better, grow better, have more energy and play sports better. In the long term you will be at less risk of developing complications of diabetes in the future.

**Today my HbA1c is .....**

# My individual care plan

## HbA1c and risk of complications

This graph shows the risk, compared to the general population of developing eye (retinopathy), kidney (nephropathy) and nerve (neuropathy) problems if your HbA1c runs high for 10 years.



The conversion would be:  
6% = 42 mmol/mol  
7% = 53 mmol/mol  
8% = 64 mmol/mol  
9% = 75 mmol/mol  
10% = 86 mmol/mol  
11% = 97 mmol/mol  
12% = 108 mmol/mol

### To contact the Paediatric Diabetes Unit

Telephone: 01284 713612 or 01284 713311

E-mail: [tds@wsh.nhs.uk](mailto:tds@wsh.nhs.uk)

Out of hours emergency: 01284 713000 and ask for the children's diabetes team on call.