



SIEMENS

**Staying in control
is as easy as A1c.**

Managing Diabetes

www.siemens.com/diagnostics

Answers for life.

A1c is a simple test to help you control your diabetes.

Ask your doctor how often you should be tested.

What is A1c testing?

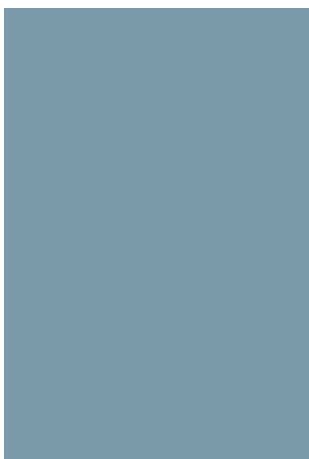
You probably already check your blood sugar levels at different times of the day – a good way to manage your diabetes. But these levels change from minute to minute. How can you know if your blood sugar levels are in control overall?

There is a test, called A1c, which does exactly this: it tells you your average blood sugar levels for the past 3-4 months. Also known as a “glyco-hemoglobin” or “HbA1c” test, A1c can be taken right in your healthcare professional’s office, giving you immediate results – using just one drop of blood.

Who should get tested?

Anyone with diabetes, whether insulin-dependent (Type I) or non-insulin-dependent (Type II), will benefit from taking this test to learn their A1c number.





How does it work?

The A1c test measures the amount of sugar that sticks to hemoglobin, a protein inside the red blood cells that carry oxygen from your lungs to the rest of your body. These sugars stick onto the hemoglobin protein for the life of the red blood cell – about 3 or 4 months. The more sugar there is in your blood, the higher your A1c will be.

How can A1c testing help me?

If your A1c test result is higher than 7%, your diabetes may be out of control. Your healthcare team may change your diabetes management plan to help you better control your blood sugar. Following this plan, you will know you are on the path to staying healthy as your HbA1c comes closer to normal.

Studies have shown that improving A1c control can greatly reduce the risk of complications from diabetes, including^{1,2}:

- kidney disease
- heart disease
- eye damage
- amputations

As little as a 1% decrease in A1c could lead to as much as a 35% reduction in the risk of such complications.



How often should I have this test?

The American Diabetes Association (ADA) says that anyone with diabetes should have an A1c at least once every six months, and every 3 months if your diabetes treatment changes, if you are not meeting your blood glucose goals or if your doctor wishes to monitor your progress. These are guidelines, but your healthcare team can select the test frequency that's right for you.

How does my A1c test result compare to my daily blood sugar levels?

This chart is an example of how blood sugar compares to A1c. Some labs use different ways to test and have a different normal range. Talk to your healthcare team about your results.

HbA1c Correlated to Plasma Glucose Levels

% HbA1c	Level of Control	Average Plasma Glucose*	
		mg/dL	mmol/L
12	Poor Control	345	19.5
11		310	17.5
10		275	15.5
9	Additional Action Suggested	240	13.5
8		205	11.5
7	Goal	170	9.5
6	Normal	135	7.5

*Note: If using older glucose self-test meters that report whole blood glucose, these values will be approximately 12% lower.

Source: American Diabetes Association Positioning Statement; Standards in Medical Care in Diabetes - 2006. Diabetes Care: volume 29, Supplement 1, January 2006.

You have the power to manage your diabetes.

By testing your own blood sugar regularly and getting an A1c test up to four (4) times a year, you are taking an active role in controlling your diabetes. Your A1c results will help you and your healthcare team insure your diabetes plan is working. The better your control, the better your health will be.

The patient trend graph provides a snapshot of how your HbA1c is trending over time to help you understand if your current therapy is working or if adjustments are needed.

Ask your physician about taking an A1c test and getting your trend graph today.

Brought to you by Siemens Healthcare Diagnostics – DCA Vantage™ Analyzer, the most trusted in-office system for HbA1c testing.

References:

1. American Diabetes Association. Implications of the Diabetes Control and Complication Trial. *Diabetes Care*. 2001;24:S25-S27.
2. American Diabetes Association. Implications of the United Kingdom Prospective Diabetes Study. *Diabetes Care*. 2001;24:S28-S32.



DCA Vantage™ Analyzer provides a printed trend graph that monitors your HbA1c levels over time.

Siemens Healthcare Diagnostics, a global leader in clinical diagnostics, provides healthcare professionals in hospital, reference, and physician office laboratories and point-of-care settings with the vital information required to accurately diagnose, treat, and monitor patients. Our innovative portfolio of performance-driven solutions and personalized customer care combine to streamline workflow, enhance operational efficiency, and support improved patient outcomes.

Product availability may vary from country to country and is subject to varying regulatory requirements. Please contact your local representative for availability.

Order No. A91DX-0700849-GC3-4A00
09-2011 | All rights reserved
© 2011 Siemens Healthcare
Diagnostics Inc.

Global Division

Siemens Healthcare Diagnostics Inc.
511 Benedict Avenue
Tarrytown, NY 10591-5005
USA
www.siemens.com/diagnostics

Global Siemens Headquarters

Siemens AG
Wittelsbacherplatz 2
80333 Muenchen
Germany

**Global Siemens Healthcare
Headquarters**

Siemens AG
Healthcare Sector
Henkestrasse 127
91052 Erlangen
Telephone: +49 9131 84-0
Germany
www.siemens.com/healthcare