

HbA1c TEST

INFORMATION PRESCRIPTION

Diabetes and HbA1c

Your last two HbA1c results:

Date:

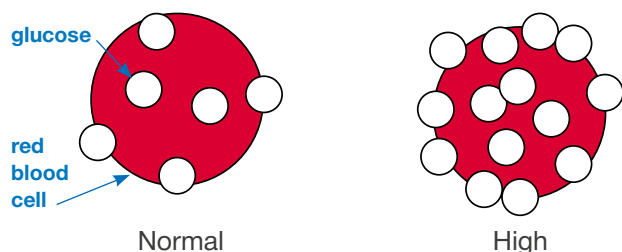
Date:

Managing your blood glucose levels is one of the most important things you can do to reduce your risk of diabetes-related complications. Your daily blood glucose levels impact your longer-term blood glucose level (called glycosylated haemoglobin, or HbA1c).

Your HbA1c target is:

What is HbA1c?

HbA1c measures how much glucose is stuck to your red blood cells. It is closely related to your blood glucose levels over the last 10 to 12 weeks. You will need a blood test to measure your HbA1c. The results help give you an overall picture of your blood glucose management.



When is high HbA1c a problem?

Over time, high blood glucose levels can damage your blood vessels. This increases your risk of developing diabetes-related complications such as problems with your eyes, feet or kidneys. It also increases your risk of a heart attack or stroke.

How can I lower my HbA1c?

Your HbA1c can change for many reasons, including how long you have had diabetes, sickness, changes in your emotional health, lifestyle, or medication.

The actions you take to lower your HbA1c will depend on the type of diabetes you have and your overall health.

Below are three areas (medication, education, and lifestyle) that you can take action to help lower your HbA1c.

Medication

Talk to your GP or endocrinologist about increasing your dose or starting a new medication.

Education

Ask your GP about local education groups in your area to help you learn more about diabetes. You can also visit the NDSS website, ndss.com.au, to find diabetes resources and programs.

Lifestyle

Eat a healthy balanced diet

Eat a variety of different coloured vegetables and fruit. Aim for five serves of vegetables and two serves of fruit every day.

Choose healthier carbs like whole grains, legumes, unsweetened milk, and yoghurt. These raise your blood glucose levels more slowly.

Reduce salt intake by eating less fast food, choosing low-salt options, and avoiding adding salt.

Choose lean proteins like skinless poultry, fish, lean meat, tofu, or legumes - these can fill 1/4 of your plate.

Limit fatty food, processed meats, full-fat dairy, creamy sauce, deep-fried foods, and pastries.

Limit how much alcohol you drink.

Stay hydrated - water is best.

Be active

Aim for 30 minutes of physical activity at least five days a week. Physical activity should raise your heartbeat, such as brisk walking, cycling, or swimming. Also include muscle-strengthening activities twice a week, such as lifting weights, yoga, and gardening.

My next steps

Discuss with your diabetes health professional two actions you are going to focus on (think about what, where, when and how):

1 _____

2 _____

Name: _____

Health professional: _____

Review date: _____

The NDSS and you

Whether you have just been diagnosed with diabetes, or have been living with diabetes for a while, the NDSS provides a range of support services, information, and subsidised products to help you manage your diabetes, stay healthy and live well. For access to more resources (including translated versions), or to find out more about support services, go to [ndss.com.au](https://www.ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

This information is intended as a guide only. It should not replace individual medical advice and if you have any concerns about your health or further questions, you should contact your health professional.