

## **What is the hemoglobin A1C (HbA1c, A1c) test?**

It's important for us to know how sugar has been going since ancient times.

Until 15-20 years ago, only fasting blood sugar was followed.

But we have seen that this alone is not enough. Because sugar is not always stable. The sugar level can change according to the food we eat, the action we take, the medication we take, the timing of the medication, and the diseases we have had. Here, in search of a safer test than blood sugar, hemoglobin A1C was discovered.

Hemoglobin A1C tells you how high your blood sugar has been in the last 3 months from the time it was checked. Let's say we did the test today and we found it high, we understand that the blood sugar was high in 3 months backwards.

## **How is this test done?**

It's a very easy process. It doesn't matter if you are hungry or full at any time of the day, it is enough to go to the laboratory and take blood from your vein. In some centers, blood can also be taken from the finger. The result is told to the patient the next day or in the afternoon.

The hemoglobin A1C test is very important. Because by looking at the results, we can understand whether the patient will experience diabetes-related problems in the future. If the hemoglobin A1C is below 6.5, there are usually no sugar-related problems. But as it starts to rise above 6.5, the risk of major and minor vascular damage begins to increase. Every 1 percent increase in hemoglobin A1C increases diabetes-related problems by 25 percent. For this reason, we definitely want all our patients to have this test every 3 months. The parameter we use in blood glucose monitoring is not only hemoglobin A1C. At the same time, we use both fasting and postprandial sugar. When we say postprandial sugar, we mean the blood sugar in the 2nd hour after the main meal in the morning, noon and evening. This issue is always confused: 2nd hour blood sugar is not after the meal, but after eating the first bite.