



## Diabetes: HbA1c Explained

HbA1c reflects average blood sugar over three months. It is one of the most important diabetes screening tools. However, many people misunderstand what it represents. Knowing how to interpret A1c empowers proactive prevention.

Glucose attaches to hemoglobin inside red blood cells. The higher the average blood sugar, the higher the A1c percentage. Because red blood cells live about three months, A1c shows long-term glucose trends rather than daily fluctuations.

Lab trends showing rising A1c often appear after years of insulin resistance. By the time A1c reaches diabetic range, metabolic damage is already underway.

Early lifestyle intervention at the prediabetes stage can normalize A1c and prevent disease progression.

### 01 Is This Your Story?

A patient is told their fasting glucose is normal and feels reassured. Later, A1c testing reveals prediabetes. With reduced refined carbs, increased movement, and better sleep, A1c returns to normal within six months. The patient avoids medication and gains confidence in managing metabolic health long term.

### 02 Try This Today

**Measure:** Review your most recent HbA1c result.

**Do:** Identify one daily habit that influences glucose stability.

**Reflect:** Ask whether you are waiting for disease or preventing it early.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

