

About A1c

markay tahay Sonkorowga Nooca 1

Waa maxay hemoglobin A1c?

Hemoglobin A1c (oo si fudud loogu yaqaanno A1c ama HbA1c), waxuu cabbiraa caddadka meeldhexaadka ah ee gulukooska dhiiggaaga (blood glucose) (BG) ee 3dii bilood ee ugu dambeeyey. Waa baaritaan dhiig oo gaar ah oo lagu sameeyo xafiiska takhtarka.

Maxay tiradu sidaas muhiim ugu tahay dadka qaba cudurka sonkorowga ama macaanka?

Tani waa tiro gooni ka ah cabbirrada aad ka hesho cabbirahaaga gulukooska (glucometer). Baaritaankan waxaa lagu cabbiraa qiyaasta sonkorta isku xirta borotiinka hemoglobin. Waxay taasi ku xirnaataa wareegga nololsha unugga dhiigga cas oo ah qiyaas ahaan 3 bilood. Waa muhiim maxaa yeelay waxay muujisaa sida ay sonkorta dhiiggaaga ku jirta u dheellitiran tahay waqtiga dheer.

Maxay tirada HbA1c ka dhigan tahay?

Waxaa lagu cabbiraa boqolkiiba. Tirada boqolkiiba (%) waxay ku toosan tahay cabbirkaaga BG (eeg shaxda dhanka midig). Waa in aad ku jirto qaybta cagaaran. Tirooyinka qaybta huruud ama jaalle ah waa digniin. Haddii aad ku jirto qaybta cas kooxdaada daryeelka ayaa kuu sheegi doona tallaabada aad qaadi karto si aad hoos ugu dejiso.

***Yoolka tirada HbA1c ee ka yar 7% ayaa loogu talinayaa dhammaan carruurta ka yar 18 jir.**

HbA1c %	Cabbirro meeldhexaad ee BG (gulukoos dhiig) ee cabbiraha gulukooska oo ku cabbiran miligaraam halkii desilitir ee dhiig ah (mg/dl)	
5%	97	CAGAAR (ku jira xadka lagu taliyey)
6%	120	
7%*	150	
8%	180	HURUUD/JAALLE (ka sarreeya xadka - isbeddello ku fikir)
9%	210	
10%	240	CASAAN (ka sarreeya xadka - isbeddello u baahan)
11%	270	
12%	300	
13%	330	
14% ama dhaaf	360 ama dhaaf	

Sideen hoos ugu dhigi karaa tiradayda HbA1c?

Waxay qaadataa qiyaastii 3 bil si isbeddel loogu arko tirada A1c. Hirgeli caadooyinkan maalin walba si aad u wanaajiso maamulka:

- Fiiri gulukooska dhiigga 4 ilaa 5 jeer maalintii.
- Daawada insulin u qaado sida laguugu qoray.
- Raac qorshaha cunto ee cunto yaqaan sonkorow.

Kuwan u isticmaal si aad ugu hagto qiyaasidda daawadaada insulin ka hor cuntooyinka:

- 10 daqiiqo** ka hor cunto haddii BG ku jiro **100**
- 20 daqiiqo** ka hor cunto haddii BG ku jiro **200**
- 30 daqiiqo** ka hor cunto haddii BG ku jiro **300**
- 40 daqiiqo** ka hor cunto haddii BG ku jiro **400**

Si aad War dheeraad ah u Hesho

- Hormoonada 206-987-2640
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org/patient-education

Adeegyo Afceliye Bilaash ah

- Isbitaalka gudihiisa, weydii kalkaalayaha caafimaadka ilmahaaga.
- Isbitaalka dibaddiisa, soo wac Khadka Afcelinta Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



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Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada, xubnaha qoyska iyo wakiillada sharciyeed ee dhego la' ama dhego culus ama ku hadla luqad aanan af Ingiriisi ahayn. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyahaaga ayaa gooni kuu ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, faqlan la hadal bixiyahaaga daryeelka caafimaadka.

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Waxbarashada Bukaanka iyo Qoyska | Hormoonada

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About A1c

for Type 1 Diabetes

What is a hemoglobin A1c?

Hemoglobin A1c (also known as A1c or HbA1c), measures your average blood glucose (BG) for the past 3 months. It's a blood test done in the doctor's office.

Why is the number so important to people with diabetes?

This is a separate number from your glucometer readings. This test measures the amount of sugar that attaches to hemoglobin. It stays attached for the life cycle of a red blood cell which is about 3 months. It is important because it reflects how your blood sugar is staying in balance over the long run.

What does the HbA1c number mean?

It's measured as a percent. The percent (%) number corresponds with your BG number (see table at right). You want to be in the green zone. Yellow zone numbers are a warning. If you are in the red zone your care team will tell you how to take action to bring it down.

***An HbA1c goal of less than 7% is recommended for all children under age 18.**

HbA1c %	Average BG (blood glucose) glucometer readings measured in milligrams per deciliter of blood (mg/dl)	
5%	97	GREEN (in recommended range)
6%	120	
7%*	150	
8%	180	YELLOW (above range - consider changes)
9%	210	
10%	240	RED (above range - changes needed)
11%	270	
12%	300	
13%	330	
14% and above	360 and above	

How can I lower my HbA1c?

It takes about 3 months to see a change in your A1c number. Practice these daily habits to stay in better control:

- Check blood glucose 4 to 5 times per day.
- Take insulin as prescribed.
- Follow the meal plan given by your diabetes dietitian.

Use these as a guide for dosing your insulin before meals:

- 10 minutes** before eating if BG is in the **100s**
- 20 minutes** before eating if BG is in the **200s**
- 30 minutes** before eating if BG is in the **300s**
- 40 minutes** before eating if BG is in the **400s**

To Learn More

- Endocrinology
206-987-2640
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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