

**“I’ve heard of an A1c test, but what’s an eAG? What can it do for me?”**



*The eAG test is your estimated Average Glucose. The estimated Average Glucose, is reported in the same units as you see on a lab report or on your glucose meter at home, for example, 140 or 154 mg/dl. “Both the A1c and the newer eAG can help you find out how your diabetes has been managed each and every day, for the last 2- 3 months.”*

### How to Use Your Numbers

- Compare your results to your previous tests.
- If your A1c or eAG number is higher than recommended, talk to your doctor or diabetes educator about what changes could help you lower your blood glucose levels.
- Setting a target with your doctor or diabetes educator and working towards it, will help you to feel better, and reduce your risk of diabetes complications.
- Diabetes complications don’t have to happen! To help prevent them you need to keep your average glucose levels as close to normal as possible.

## My A1c/eAG Test Record

Name: \_\_\_\_\_

| Test Date | A1c     |         | eAG        |            |
|-----------|---------|---------|------------|------------|
|           | Goal    | Results | Goal       | Results    |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |
| _____     | _____ % | _____ % | _____ mgdl | _____ mgdl |

**Remember to always discuss the results of your tests with your doctor, or diabetes educator.**

BD wants you to know about the latest advances in diabetes care. BD is working to improve the quality of life for people with diabetes.

For more information call us toll free at:

**1.888.BD CARES (232.2737)**

**NOT FOR MEDICAL OR EMERGENCY INFORMATION**

or visit our web site at:

**[www.bd.com/us/diabetes](http://www.bd.com/us/diabetes)**



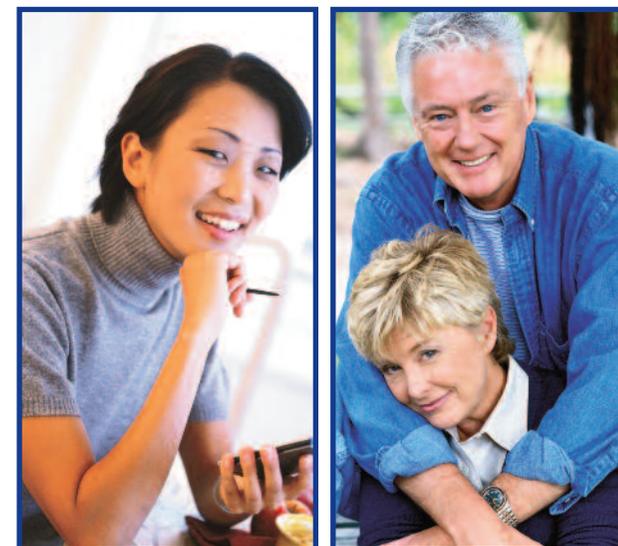
1 Becton Drive  
Franklin Lakes, New Jersey 07417

BD and BD Logo are trademarks of Becton, Dickinson and Company. © 2010 BD

10D05912331A1CBRO  
151198

*“My Doctor says these tests tell you the average of your blood glucose over the last 2-3 months.”*

## What Are Your Numbers, and What Do They Mean?



Helping all people live healthy lives

**BD Getting Started™**

**A1c/eAG**

Educational Information from BD Consumer Healthcare

# Check your average long-term blood glucose level with the A1c and eAG tests.

## Think of it as your blood glucose control batting average.

Like most people, your blood glucose levels go up and down, all day long. Your glucose is higher after meals, and usually lower before meals. How high is it right now? Or at 3 a.m.? Most people don't test their blood glucose levels constantly. So how can you know if your blood glucose levels are in overall control?



This booklet shows you two test results that provides a two to three-month average of your blood glucose level. The first is the A1c test or glycosylated hemoglobin test (pronounced gli-ko-se-la-tid he-ma-glo-bin). The newer test result is called the estimated Average Glucose, or eAG, and it was developed to make it easier for you to understand the A1c number you receive from your doctor or diabetes educator.

The A1c test measures the amount of glucose that attaches to your red blood cell. Because red blood cells live for about three months, the test shows your average blood glucose during that time.

Think of your A1c or eAG result as a batting average. Sometimes Babe Ruth hit home runs. Sometimes he struck out. But his batting average let people know that he was a great hitter. In the same way, the A1c and eAG results can let you know how you have done at controlling your diabetes during the past few months.

Now, in addition to seeing your A1c number you may be given an eAG and that number is just like the one on your home glucose meter. This number should even be close to the average glucose reported in your meter, if you're testing before, and AFTER meals.

The greater the amount of glucose in your blood, the higher your A1c or eAG results will be. High blood glucoses over a long period of time (usually years) damages large and small blood vessels. This will increase your risk of diabetes complications.

## Who benefits from knowing their A1c and eAG numbers?

All people with diabetes benefit from knowing their numbers. If your numbers are near normal, you know you are managing your diabetes well. If your numbers are higher than normal, they provide a starting point for you to work toward lowering your numbers.

## Why is knowing your A1c and eAG numbers important?

Research has found a direct link between high blood glucose levels and the complications of diabetes. In fact, reducing your blood glucose levels to near normal can help reduce your risk of eye problems by up to 76%; nerve damage 60%; and severe kidney problems 56%.<sup>1</sup> There is also some initial research that shows that decreasing the day to day fluctuations in glucose values may also be helpful in decreasing the risks of diabetes complications.<sup>2</sup> The eAG test can help you better understand your A1c level, and help you and your health care provider decide on the best treatment for your diabetes, so that diabetes complications are not a part of your future.

## How often should you have these tests?

You should have these tests for the first time when you are diagnosed with diabetes. From then on, people with either type 1 or type 2 diabetes should take these test three to four times a year. Talk with your doctor or diabetes educator about scheduling these tests, and know your results.

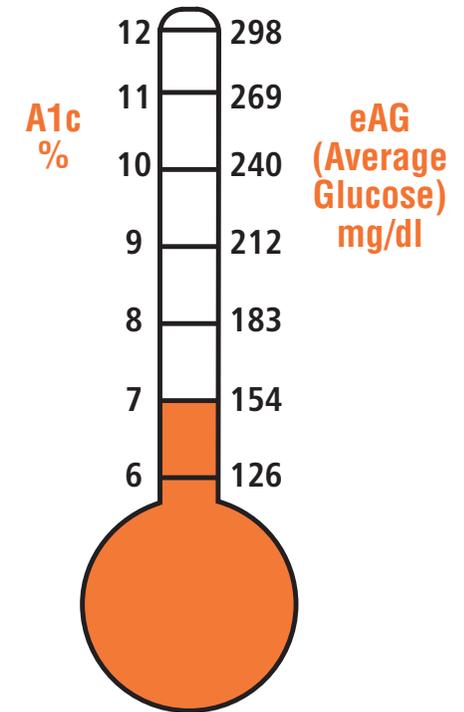
The American Diabetes Association recommends that all people with diabetes have an A1c value of 7% or less, which is equal to an eAG of 154 mg/dl.

On the next page is a chart you may use as a guide.

<sup>1</sup> The Diabetes Control and Complication Trial Research Group. The Effect of Intensive Treatment of Diabetes on the Development and Progression of Long Term Complications in Insulin-Dependent Diabetes Mellitus. 1993; *N Engl J Med.* 329: 977-986.

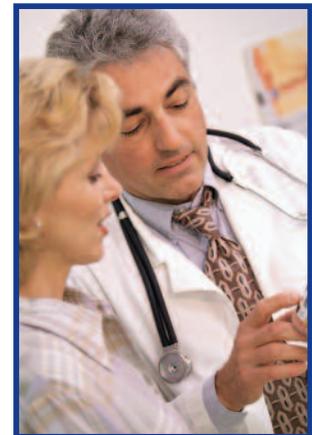
<sup>2</sup> Hirsch I B, Brownlee M. Should minimal blood glucose variability become the gold standard of glycemic control? *J Diab. Compl.* 2005;19:178-181.

## HOW TO COMPARE\*



Talk to your health care provider about A1c and eAG testing and make it a regular part of your diabetes care.

You can use the back page of this booklet to keep track of your numbers.



\* Nathan D, Kuenen J, Borg R, et al. Translating the A1c assay into estimated average glucose values. 2008; *Diabetes Care* 31:1-6.