

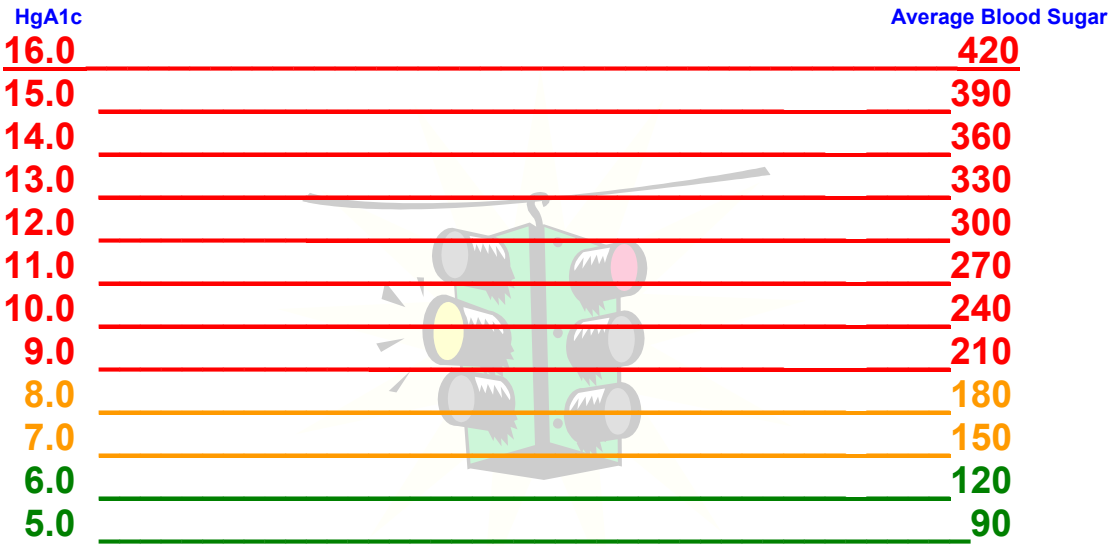
# Family Health Centers

## CAC of Pike County

### HEMOGLOBIN A1c: KNOW YOUR NUMBER

This is Your Average Blood Sugar over the past 2 to 3 months

- RED :**                      **“Stop and Think”**                      **10.0% or higher**
- YELLOW**                      **“CAUTION” Be Careful**                      **8.0% or higher**
- GREEN:**                      **“Good Going” Great Control**                      **7.0% and below**



#### The hemoglobin A1c blood test:

- **Averages** blood sugar levels for the past 2-3 months
- Lowering blood sugar by only 30 points will decrease your A1c by 1 point.

**You should have you're A1c tested at least every 3 months.**

My A1C: \_\_\_\_\_ Date \_\_\_\_\_      My Goal: **7% and below**

<u>Cholesterol Test (Yearly)</u>	Normal Results	Your Results	Date
Total Cholesterol	100 to 200		
Triglycerides	31 to 200		
HDL "Good Cholesterol"	29 to 80		
LDL "Bad Cholesterol"	<130		
Urine Microalbumin (yearly)	<30		