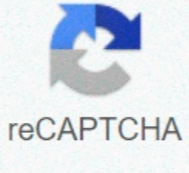




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# A1c conversion chart pdf

**Fbs to a1c conversion. Formula a1c conversion. Different a1c charts. A1c to eag conversion. A1c chart a1c level conversion chart printable pdf. Hemoglobin a1c conversion chart pdf.**

A1C level conversion Chart is a comfortable way to understand A1C results in %. It helps relate to your glucose meter reading. Instead of reading the A1C chart you can just enter your a1c level to know the equivalent blood glucose level using the a1c calculator below.



A1C to mg/dl Conversion Chart  
Convert your A1C percentages to more tangible blood sugar results with this easy chart.

If your A1C is this:	Your average blood sugar (plasma blood sugar is around this):	
%	mg/dl	mmol/l
12.0%	345	18.5
11.0%	310	17.5
10.0%	275	15.5
9.0%	240	13.5
8.0%	205	11.5
7.0%	170	9.5
6.0%	135	7.5
5.0%	100	5.5
4.0%	65	3.5

This hba1c calculator is based on DCCT study and the formula they are provided. Before going into the details of A1C conversion chart: first, let us see some basics about a1c. What is an A1C? The A1C, also known as HbA1c or glycated hemoglobin is a blood test that shows how well your diabetes management plan is working. What do the A1C numbers mean? The A1c test tells you your average level of blood sugar over the past 2 to 3 months. How Is Hemoglobin A1c Measured? A1c measurement is by separating hba1c based on the charge and size from the other hemoglobin A components in blood by a procedure called high pressure (or performance) liquid chromatography (HPLC). What is an excellent a1c level? Average A1c value for those not diagnosed with diabetes (healthy non-diabetic) is in the range of 4.2 to 4.6% for more visit Healthy A1C Goal. How often should I take an A1C test? Your doctor mostly insists on taking A1C test 2 to 4 times a year. How accurate is the A1C test? The A1C is now standardized, and the acceptable variance can be within 0.5%. So if your result is 6.5%, then the actual reading could be anywhere from 6 to 7% (i.e. 6.5 - 0.5 to 6.5 + 0.5). Some health conditions could affect the accuracy of the A1c. For more visit 9 Undesirable Factors Affecting the HbA1C test. What is eAG? eAG is estimated average glucose is a newer term you may see reported by your doctor. However, eAG is not the same as the average of your meter reading. The a1c chart in this article provides eAG (blood glucose in mg/dl or mmol/L). What is the difference between eAG and the average on the glucose monitor? Mostly meter average is lower than eAG because people with diabetes check their blood glucose more often when they have hypoglycemia. Thus the meter readings average likely to be lesser than eAG. Glucose monitor measures your blood glucose at that instant, whereas eAG or A1C represents an average of your glucose levels 24/7 for three months. It might include times when people with diabetes are less likely to check their blood glucose. Can the A1C test be used for the diagnosis of prediabetes and diabetes? Yes, nowadays, doctors use the A1C test for diabetes screening because it does not require fasting. However, to diagnose diabetes, it is advisable to use other diabetes diagnosis tests along with a1c. What are the benefits of the A1C test? Studies confirm the importance of the A1C test to avoid diabetes complications. Popular studies, DCCT, UKPDS, EDIC & EPIC-Norfolk, establishes the link between A1C and diabetes complications. For more visit Benefits of A1C in Diabetes Control. What are the limitations of the hemoglobin A1c test? HbA1c may be increased or decrease falsely in certain medical conditions. For more visit A1C Test Errors. How can I get my a1c down quickly? Achieving your set target is not an easy job. It requires patience, interest to learn, ability to analyze, willpower to accept failures, and stick with lifestyle changes. For more visit How to lower A1C? Does aging affect A1C level? A1C levels have positively associated with age in the nondiabetic individual. A1C was 6.0% and 5.6% for nondiabetic individuals aged less than 40 years in FOS & NHANES respectively, and also 6.6% and 6.2% for individuals aged 70 years. Why do you need an A1C level chart? The A1C result is significant for long-term glucose monitoring. It helps to know how well or bad your past three months of blood glucose control. A1C test in % is confusing, because we used to measure glucose levels in mg/dl or mmol/L. A1C chart help convert A1C in % to its equivalent average blood glucose, which is easier to interpret. DCCT A1C conversion formula seems to work best in people with high blood sugars. Because this formula derived from such a group. A1C level chart in this article shows the relationship between A1C and its average blood sugar equivalent, based on the DCCT A1C conversion formula. Diabetes Control and Complications Trial or DCCT, New England Journal of Medicine 1993; 329:977-986. They studied 1400 T1D; quarterly A1C tests were the primary measure of glycemic control. The study subjects performed quarterly 24-hour, 7-point capillary blood glucose profiles in the home. These are three pre-meal tests, three post-meal (after 90 minutes) tests, and one at bedtime. Diabetes Care 25:275-278, 2002. result showed a linear relationship between HbA1c and eAG, eAG in mg/dl = (35.6 x HbA1c) - 77.3 or eAG in mmol/l = (1.98 x HbA1c) - 4.29. Reference: "Defining the Relationship Between Plasma Glucose and HbA1c. Analysis of glucose profiles and HbA1c in the Diabetes Control and Complications Trial," Published in Diabetes Care 25:275-278, 2002. Dr. Richard K. Bernstein, the author of the popular book "Diabetes Solution." He is the first who succeeded in using a low-carb diet for his type-1 diabetes control (with an A1C of 4.2 to 4.6). Dr. Richard K. Bernstein recommends DCCT's A1C formula to convert A1C to BS. Additionally, our website visitors have preferred DCCT over the ADAG formula. Printable A1C chart pdf. Handy A1C chart is always useful for ready reference. So print your copy of the A1C chart with this printable a1c chart and pdf a1c chart. Is your A1C high? Don't panic! If your A1C number is on a higher side, say over 7 or 8%, do not worry! You can lower your A1C with specific changes in your lifestyle. First, you should finalize your A1C target and know the benefits of A1C. Then you become interested and finally achieve your goal by learning how to lower A1C. Skip to Main Content Skip Nav Destination Perspectives in Care | September 17 2018 Richard M. Bergenstal, Roy W. Beck, Kelly L. Close, George Grunberger, David B. Sacks, Aaron Kowalski, Adam S. Brown, Lutz Heinemann, Grazia Aleppo, Donna B.

A1C Chart based on DCCT Formula												
Diabetes Control & Complication Trial (DCCT)												
eAG in mg/dL = (35.6 X Hba1c) - 77.3												
eAG in mmol/L = (1.98 X Hba1c) - 4.29.												
A1C	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0	5.1
mg/dl	65	69	72	76	79	83	86	90	93	97	101	104
mmol/l	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8
A1C	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6.0	6.1	6.2	6.3
mg/dl	108	111	115	118	122	126	129	133	136	140	143	147
mmol/l	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2
A1C	6.4	6.5	6.6	6.7	6.8	6.9	7.0	7.1	7.2	7.3	7.4	7.5
mg/dl	151	154	158	161	165	168	172	176	180	183	186	190
mmol/l	8.4	8.6	8.8	9.0	9.2	9.4	9.6	9.8	10.0	10.2	10.4	10.6
A1C	7.6	7.7	7.8	7.9	8.0	8.5	9.0	9.5	10	11	12	13
mg/dl	193	197	200	204	207	225	243	261	279	314	350	386
mmol/l	10.8	11.0	11.2	11.4	11.6	12.6	13.5	14.5	15.5	17.5	19.5	21.5
	Super Optimal	Optimal	Normal	Pre Diabetes	Diabetes	Dangerous						

Ryan, Tonya D. Riddlesworth, William T.

A1C (%)	1BG (mg/dL)	1BG (mmol/L)	A1C (mmol/mol)	A1C (%)	1BG (mg/dL)	1BG (mmol/L)	A1C (mmol/mol)	A1C (%)	1BG (mg/dL)	1BG (mmol/L)	A1C (mmol/mol)
6.5	140	7.8	48	8.7	203	11.3	72	11.0	269	14.9	97
6.6	143	7.9	49	8.8	206	11.4	73	11.1	272	15.1	98
6.7	146	8.1	50	8.9	209	11.6	74	11.2	275	15.3	99
6.8	148	8.2	51	9.0	212	11.7	75	11.3	278	15.4	100
6.9	151	8.4	52	9.1	214	11.9	76	11.4	280	15.6	101
7.0	154	8.6	53	9.2	217	12.1	77	11.5	283	15.7	102
7.1	157	8.7	54	9.3	220	12.2	78	11.6	286	15.9	103
7.2	160	8.9	55	9.4	223	12.4	79	11.7	289	16.0	104
7.3	163	9.0	56	9.5	226	12.5	80	11.8	292	16.2	105
7.4	166	9.2	57	9.6	229	12.7	81	11.9	295	16.4	107
7.5	169	9.4	58	9.7	232	12.9	83	12.0	298	16.5	108
7.6	171	9.5	60	9.8	235	13.0	84	12.1	301	16.7	109
7.7	174	9.7	61	9.9	237	13.2	85	12.2	303	16.8	110
7.8	177	9.8	62	10.0	240	13.3	86	12.3	306	17.0	111
7.9	180	10.0	63	10.1	243	13.5	87	12.4	309	17.2	112
8.0	183	10.2	64	10.2	246	13.7	88	12.5	312	17.3	113
8.1	186	10.3	65	10.3	249	13.8	89	12.6	315	17.5	114
8.2	189	10.5	66	10.4	252	14.0	90	12.7	318	17.6	115
8.3	192	10.6	67	10.5	255	14.1	91	12.8	321	17.8	116
8.4	194	10.8	68	10.6	258	14.3	92	12.9	324	18.0	117
8.5	197	10.9	69	10.7	260	14.5	93	13.0	326	18.1	119
8.6	200	11.1	70	10.8	263	14.6	95	13.1	329	18.3	120
				10.9	266	14.8	96				

Cefalu; Glucose Management Indicator (GMI): A New Term for Estimating A1C From Continuous Glucose Monitoring. Diabetes Care 1 November 2018; 41 (11): 2275-2280. Download citation file: