

# What is HbA1c?

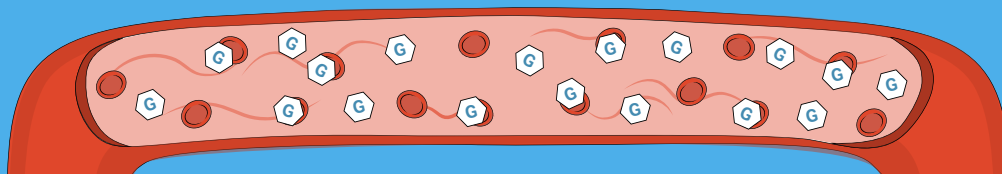
**HbA1c is known as Glycated Haemoglobin**

Haemoglobin is a protein found in red blood cells. It gives blood its red colour, and its job is to carry oxygen throughout your body.

**Glycation is the attachment of a sugar to a protein (haemoglobin).**



**When the amount of glucose builds up in your blood, the glucose molecules stick to your red blood cells.**



**Red blood cells live for about 3 months, so the test shows how much glucose has built up in the lifetime of the blood cells. If your glucose levels have been high over recent weeks, your HbA1c results will be high.**

## Managing your HbA1c

**Your HbA1c can change for lots of reasons including:**



**If you have been feeling unwell.**

**Changes in your lifestyle or medications.**



**As your body is growing and changing, it can sometimes be challenging to keep in target range.**



**If you're feeling stressed or depressed.**

**Let your diabetes team know if you're struggling and they can support you.**