



Patient Education Handouts

Our customizable patient education handouts provide comprehensive and reliable healthcare information for adult and pediatric patients, organized in separate sections: “Adult Advisor,” “Medicines Advisor,” and “Pediatric Advisor.” The handouts are available in multiple languages and for thousands of topics, helping healthcare professionals help their patients and improve their health. They are written at an 8th-grade reading level for ease of understanding and are updated quarterly.



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Adult Advisor

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- A1C Test for Diabetes PDF
- Abdominal Muscle Strain PDF
- Abdominal Muscle Strain Exercises PDF
- Abdominal Pain PDF

Each guide contains key points, concise summaries, and references. Handouts on particular conditions/diseases also contain possible causes, symptoms, diagnoses, treatment, and prevention guidance.

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Adult Advisor
Medicines Advisor
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A1C Test for Diabetes

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KEY POINTS

- The A1C blood test checks your average blood glucose (sugar) over the past 3 months. It can be used to diagnose prediabetes or diabetes, or to see how well you are controlling your blood glucose if you already have diabetes.
- You don't need to fast before you have the test and it can be done any time of the day. It is done with a small prick of the finger or from a vein in your arm with a needle.
- Talk to your healthcare provider about what the test results mean and ask any questions you have.

What is the A1C test?

The A1C ("A-one-C") is a blood test that checks your average blood glucose (sugar) over the past 3 months. The glucose from the foods you eat and drink goes into your bloodstream. The glucose sticks to the hemoglobin on red blood cells that carry oxygen to the cells in your body. When glucose sticks to the hemoglobin, it stays in the blood for the life of the red blood cell, which is 90 to 120 days. This means that the A1C test shows the average level of your blood glucose over the past 3 months.

Another name for this test is hemoglobin A1C test. It is different from a regular blood glucose test. Daily checks of blood glucose show how well treatment is working throughout the day.

Why is this test done?

There are 3 reasons to check your A1C:

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