



Technical Memorandum

TO: Physicians, Staff
From: Wesley Kim, MD, Medical Director
Date: August 17, 2010
Subject: Hemoglobin A1c and Estimated Average Glucose

Beginning August 23, 2010, DLS will be changing the reporting format for Hemoglobin A1c testing.

Based on recommendations by the American Diabetes Association (Standards of Medical Care in Diabetes – 2010, Diabetes Care, 33(Supp 1): S1-S61, 2010) DLS will now be reporting A1c % criteria values for both the diagnosis of diabetes and the monitoring of patients with diabetes.

In addition, DLS will also be reporting a calculated estimated Average Glucose (eAG) concentration (mg/dL) for each Hemoglobin A1c % value. This new way of reporting will potentially help patients become more familiar with and better understand management of their diabetes by reporting a result in the same units as seen with glucose self-monitoring. An A1c of < 7%, the goal of most people with diabetes, is the equivalent of an eAG of < 154 mg/dL.

The following table shows the relationship between % A1c and eAG (mg/dL)

A1c %	eAG mg/dL
6.0	126
6.5	140
7.0	154
7.5	169
8.0	183
8.5	197
9.0	212
9.5	226
10.0	240

We hope this will help both our clients and their patients in the diagnosis and management of diabetes. If you have any questions, please contact Wesley Kim, MD, Medical Director at 589-5131.