

NEWSFLASH ! ! !

HBA1c Test

AVAILABLE NOW AT PATHCARE NIGERIA:

- **WHAT IS HBA1c?**

Glucose binds to the haemoglobin within Erythrocytes to form a 'glycosylated haemoglobin' (HbA1C). The higher the glucose level is in the blood, the higher the HbA1C. The average lifespan of erythrocytes is 8 -12 weeks, therefore the HbA1C shows how high the blood glucose has been during that time.

- **WHAT ARE THE EXPECTED VALUES FOR HBA1c?**

	<u>Range</u>
Normal non-diabetic:	3.5-5.5%
Well controlled Diabetic	4 – 6 %
Poorly controlled Diabetic	> 7%

- **WHY SHOULD THE HBA1c TEST BE DONE?**

A major diabetes study, the Diabetes Control and Complications Trial (DCCT), showed that lowering the hemoglobin A1c value can **delay** or **prevent** the development of microvascular complications e.g. Renal, Eye and nerve disease.

- **HOW DOES SELF – MONITORING OF DIABETES FIT IN?**

Self-monitoring of blood glucose (SMBG) is useful in the day to day or even hour by hour management of Diabetes. SMBG provides the blood glucose picture **at the time of the test**, while the HBA1c test shows the control **over the past 3 months**.

Together, these tests enable the doctor effectively manage the condition and achieve optimum glycaemic control.

- **How often should the HBA1c be done?**

It should be done 2 - 4 times a year.

- **What method is used for analysis at PathCare?**

High Performance Liquid Chromatography (HPLC) which is the world standard and provides the most accurate results.

C- Peptide Test

- **What is C- Peptide?**

When insulin is synthesized by the beta cells of the pancreas, it is produced as a large propeptide. This molecule is then split into two equimolar molecules: insulin

and C-peptide. It can differentiate insulin produced by the body from insulin injected into the body. The function of C-peptide is not known.

- **Why should the C- Peptide be measured?**

The C-peptide level may be measured in a patient with type II diabetes to see if any insulin is still being produced by the body. It enables the doctor determine whether or not the patient needs to be placed on Insulin or oral hypoglycemic agents.

It may also be measured in the evaluation of hypoglycemia due to Insulinoma.

Other tests...

- **What additional tests are available at PathCare Nigeria to help in the Management of Diabetic Patients?**

- Islet Cell Antibodies.
- Microalbumin
- Cortisol
- Thyroid Function tests
- Various Serological and auto-immune tests