

The HbA1c Test and YOU



What is the HbA1c test?

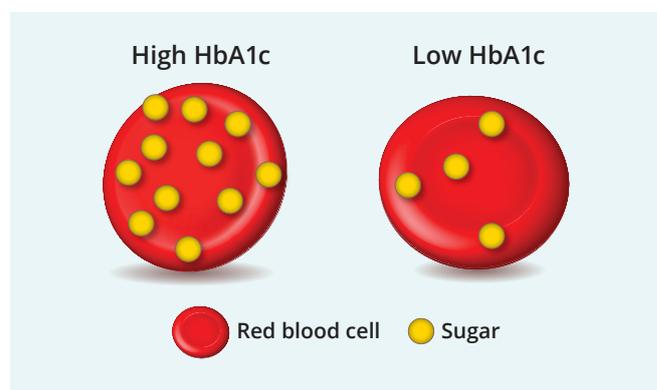
- HbA1c stands for glycated haemoglobin and is one of the ways we find out how much sugar is in your blood.
- It is measured from a single blood sample and does not need any special preparation before testing.
- This test tells us what your average sugar levels are over the last 3 months.

Why should I have the test?

The amount of sugar in your blood tells us if you have diabetes or pre-diabetes. Early diagnosis and treatment can help you to reverse pre-diabetes and avoid complications if you have diabetes.

How do I get tested?

Your doctor can send you to get an HbA1c test.



Is there a cost?

Medicare covers one HbA1c test each year to check for diabetes. **There is no cost.**

What does the test result tell me?

NO DIABETES

HbA1c =
less than 5.7%

Great news!

Keep choosing healthy food options, check your meal portion sizes and be physically active on most days to stay in the No Diabetes range.

PRE-DIABETES

HbA1c =
5.7 to 6.4%

What next?

If you lose weight and become physically active for 30 minutes on most days, you may be able to return to the No Diabetes range.

DIABETES

HbA1c =
6.5% or above

What next?

You will need to have a second blood test to confirm you have diabetes. If you have diabetes, talk to your doctor about a care plan. Your doctor can also register you with the National Diabetes Services Scheme (NDSS).

Talk to your doctor about the HbA1c test.

The HbA1c test is used to:

- Diagnose diabetes and pre-diabetes
- Monitor diabetes management.

Who should have the test?

Adults in western Sydney who:

- ✓ Have a family history of diabetes
- ✓ Lead an inactive lifestyle
- ✓ Are overweight or obese
- ✓ Had diabetes during a pregnancy
- ✓ Are 45 years old or older
- ✓ Have a Pacific Island, Indian subcontinent, Chinese, South East Asian, Aboriginal or Torres Strait Island background.

Medicare details

An annual HbA1c test to check for diabetes is covered by Medicare under MBS item number 66841.

About Western Sydney Diabetes

Western Sydney is a diabetes hotspot, with rates of diabetes more than double that of Sydney's eastern and northern suburbs.

The **Western Sydney Diabetes (WSD)** initiative was established in response to the growing threat diabetes poses to our community.

In June 2016, the Emergency departments at Blacktown and Mount Druitt hospitals commenced routine HbA1c testing, which revealed that 17% of people have diabetes and 29% are at high risk of diabetes. WSD supports routine HbA1c testing as an opportunity to offer early lifestyle interventions for people at risk of diabetes and to identify poorly managed diabetes that will benefit from specific medical intervention.



Learn more at www.westernsydneydiabetes.com.au