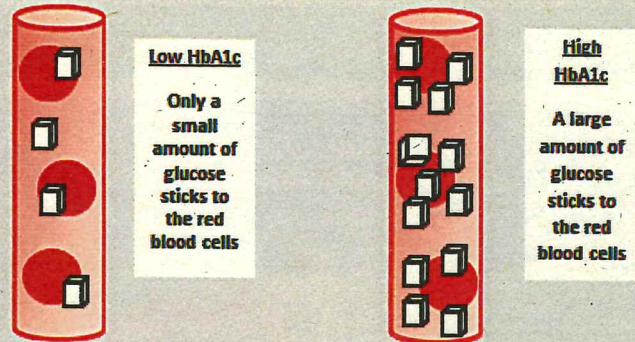
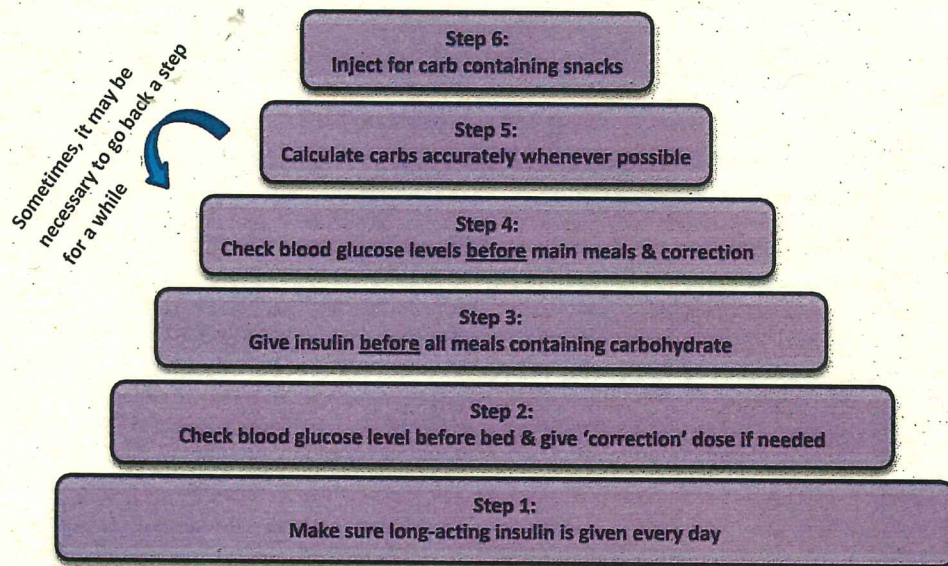


HbA1c stands for Glycosylated Haemoglobin. Simply put, this means how much glucose has become stuck to the red blood cells during the previous 6 – 9 weeks. Red blood cells are being renewed all the time, and last for about 120 days



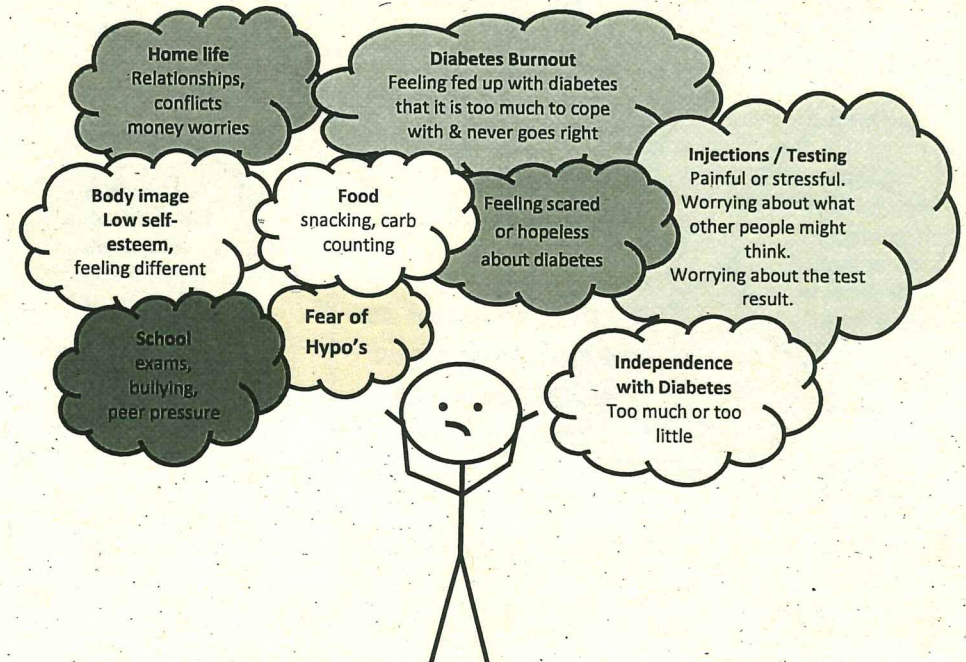
We do understand this can feel like an impossible goal, but the Children's Diabetes Team are here to support you to work towards this, one step at a time.

The steps below show an example of how a step-wise approach *might* look, but we know that everyone is different, and the steps you need to take may look very different to the ones shown here.



We also understand that sometimes, other things in life can “get in the way” making it more difficult to prioritise the diabetes. These things then contribute to the HbA1c remaining high.

It is important to look at what is happening in your life as a whole.

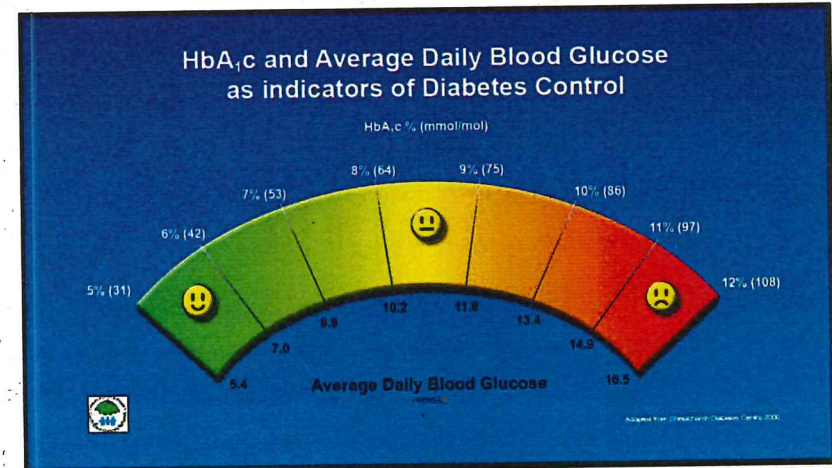


How the Diabetes Team would like to support you:

- Help you to work out what things are getting in the way of keeping blood glucose levels in range and addressing these where possible.
- Help you to work out the steps you can take and to work out a care plan.
- Have contact with you at least every 2 weeks using the contact method agreed by you and the team (phone, home visit, school visit, text, e-mail or a mixture) to review your average blood glucose levels using either a download or record book, making any necessary adjustments to insulin doses.
- To review your care plan and any goals set.

Torbay Children's Diabetes Service

Information & support for Families: High HbA1c



An HbA_{1c} above 69mmol/mol is a high HbA_{1c}

This leaflet looks at ways to help and support you to reduce a high HbA_{1c}.

We do understand this can feel like an impossible goal, but the Children's Diabetes Team are here to support you to work towards this, one step at a time.

A high HbA_{1c} increases the risk of developing future complications of diabetes. Research shows that any reduction in HbA_{1c}, however small, reduces this risk:

You may also suffer from the effects of continually high blood glucose levels probably even without realizing it, such as:

- tiredness
- poor concentration and mood
- reduced sporting or even computer gaming performance

We want to help you reduce your HbA_{1c}, towards the **ideal level of <48mmol/mol**

