



GLYCOSYLATED HAEMOGLOBIN HbA1c - Test Code 6006



Turnaround Time: 2 business days



Specimen Type: 1x EDTA
Blood (Fasting)

Description

Glycosylated Haemoglobin (HbA1c) is a vital blood test that measures your average blood glucose (sugar) levels over the past two to three months. Keeping HbA1c within range helps prevent long-term complications such as cardiovascular disease, kidney damage, nerve damage, and vision problems (Rohm et al., 2022).

Elevated blood sugar can cause damage to blood vessels and nerves, resulting in conditions like neuropathy, which can manifest as pain or loss of sensation in your extremities (Rohm et al., 2022). Moreover, prolonged high blood sugar levels increase the risk of developing diabetic retinopathy, potentially leading to blindness, and nephropathy, which can result in kidney failure (Rohm et al., 2022).

Chronic inflammation driven by elevated glucose levels further contributes to cardiovascular risks, heightening the likelihood of heart attack and stroke, and has been implicated in accelerating Alzheimer's disease progression (Rohm et al., 2022). Unmanaged diabetes exacerbates systemic inflammation, compounding risks to brain and heart health (Rohm et al., 2022). Discussing your HbA1c levels with a healthcare provider is critical for preventing complications and enhancing quality of life.

Whats included?

- HbA1c

Conditions and Symptoms

- Diabetes
- Insulin resistance
- Poor glucose control
- Metabolic syndrome
- Dysglycaemia
- Family history of diabetes

Complementary Testing

- Diabetes Profile (Test code 1016)
- Insulin Resistance Index (Test code 1109)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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