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What is a good a1c level for non diabetic

The A1C test results provide insight into how your treatment plan is working, and how it might be modified to better control the condition. Often your blood sample is sent out to a lab for your results; though some doctors can use a point-of-care A1C test, where a finger stick can be done in the office, with results available in about 10 minutes. Such an in-office test can be used to monitor your condition.Nonetheless, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) notes that point-of-care tests should not be used for diagnosis, which can only be done by lab tests certified by the NGSP. Any results pointing to a change in your health should be confirmed by conventional lab tests.RELATED: 9 Signs Your Blood Sugar Is Out of ControlWhat Do Your A1C Results Mean?The A1C test measures the glucose (blood sugar) in your blood by assessing the amount of what’s called glycated hemoglobin. “Hemoglobin is a protein within red blood cells. As glucose enters the bloodstream, it binds to hemoglobin, or glycates. The more glucose that enters the bloodstream, the higher the amount of glycated hemoglobin,” Dr. Dodeill says.According to the ADA, A1C level below 5.7 percent is considered normal. An A1C between 5.7 and 6.4 percent signals prediabetes, according to the ADA. Type 2 diabetes is diagnosed when the A1C is at or over 6.5 percent. For many people with type 2 diabetes, the goal is to lower A1C levels to a healthier percentage.Your A1C goal is specific to you. Several factors come into play, such as your age, how advanced the diabetes is, and any other health conditions you have. A common A1C goal for people with diabetes is less than 7 percent, Dodeill says. If you can keep your A1C number below your goal, you help to reduce the risk of diabetes complications, such as nerve damage and eye problems.RELATED: A1C May Fall Short in Diagnosing Some People With DiabetesWhat Are the Top Tips for Lowering A1C?Your A1C score is a valuable part of the diabetes control picture, Dodeill says, but it is not the only indicator of your health. Someone who has wide fluctuations in blood sugar levels (which is more common among patients who are taking insulin) may have an A1C at goal because the average over two to three months is good. But the day-to-day fluctuations can lower your quality of life and increase your risk of complications, he cautions.Diabetes can be a tough condition to manage, Dodeill says. He tells his patients to view diabetes management like a job. It takes work, but the time and effort you put into it can result in good control and an improved quality of life. “The key to reaching your A1C goal is trying to follow a healthy lifestyle,” he says.Making these healthy changes can help you improve your day-to-day blood sugar management and lower your A1C:1. Start an Exercise Plan You Enjoy and Do It RegularlyFind something you enjoy doing that gets your body moving — take your dog for a walk, play a sport with a friend, or ride a stationary bike indoors or a regular bike outdoors.A good goal is to get 150 minutes of moderate exercise per week, recommends Jordana Turkel, a registered dietitian and certified diabetes educator at Park Avenue Endocrinology and Nutrition in New York City. This is also what the ADA recommends. Different types of exercise (both strength training or resistance training and aerobic exercise) can lower your A1C by making the body more sensitive to insulin, Turkel says. She encourages her patients not to go more than two days in a row without exercising, and to aim for two days of strength training.Be sure to check with your healthcare provider before embarking on an exercise plan, though. He or she can come up with an individualized plan for you.And if you monitor your blood sugar daily, check it before and after exercise. As the Joslin Diabetes Center at Harvard Medical School explains, exercise can cause your blood sugar to rise, as more is released from the liver, and blood sugar to fall, due to increase insulin sensitivity. Fluctuations in your blood sugar levels can result if you aren’t careful. This is particularly important if you are on insulin or another diabetes medication that causes insulin secretion, such as include sulfonylureas, such as Amaryl (glimepiride), and glinides, such as Prandin (repaglinide) and Starlix (nateglinide).2. Eat a Balanced Diet With Proper Portion SizesIt’s best to check with a certified diabetes care and education specialist or a registered dietitian-nutritionist to determine what a balanced diet and appropriate portions mean for you. But a great rule of thumb is to visualize your plate for every meal and aim to fill one-half of it with veggies, one-quarter with protein, and one-quarter with whole grains, says Turkel. If you like fruit, limit your portions to a small cup, eaten with a little protein or lean fat to help you digest the fruit carbohydrates in a manner that is less likely to spike your blood sugar level.Also, avoid processed foods as much as possible, and say no to sugary sodas and fruit juice, which are high in carbs and calories, and thus can lead to spikes in blood sugar and contribute to weight gain, according to the ADA.RELATED: The Best and Worst Drinks for People With Type 2 Diabetes 3. Stick to a Regular Schedule, So You Can More Easily Follow Your Healthy Diet and Lifestyle Skipping meals, letting too much time pass between meals, or eating too much or too often can cause your blood sugar levels to fall and rise too much, the ADA points out. This is especially true if you are taking insulin or certain diabetes drugs. Your doctor can help you determine the best meal schedule for your lifestyle.4. Follow the Diabetes Treatment Plan Your Healthcare Team Recommends Diabetes treatment is very individualized, noted an article published in May 2014 in Diabetes Spectrum. After all, factors including how long you’ve lived with the disease, your socioeconomic status, and any other conditions you’re living with can play a role in the best treatment approach for you.Your healthcare team will help you determine the steps you need to take to successfully manage diabetes. Always talk to your doctor before making any changes, such as starting a very-low-carbohydrate diet or beginning a new exercise regimen, and especially before making any medication or insulin changes.RELATED: 6 Top Diabetes Exercise Mistakes and How to Avoid Them5. Check Your Blood Sugar Levels as Your Doctor Has DirectedWork with your doctor to determine if, and how often, you should check your blood sugar. You may be tempted to pick up an A1C home testing kit, but Dowdell does not recommend doing that. As he mentions, day-to-day fluctuations in your blood sugar can be masked by an A1C result that is at your goal level. Instead, if you have a personal continuous glucose monitor, such as a Dexcom G6 or a Freestyle Libre (or can get one from your healthcare provider), Dowdell recommends checking your “time in range” to see if you are at the optimal level. For many people that is 70 to 180 milligrams per deciliter (mg/dL) (3.9 to 10 mmol/L), according to ADA guidelines. Having your A1C checked by your healthcare provider every three to six months is sufficient, he adds.Understanding your A1C levels is an important part of your overall diabetes management. If you have any questions about your A1C levels or what they mean, don’t hesitate to ask your doctor.Additional reporting by Mikel Theobald. CCO /stevepb/Pixabay Diabetes mellitus (commonly referred to as diabetes) is a medical condition that is associated with high blood sugar. It results from a lack of, or insufficiency of, the hormone insulin which is produced by the pancreas. There are two types of diabetes, type one and type two. Type one is an autoimmune disease that comes on suddenly in childhood or young adulthood and requires regular injections of insulin. Type two develops more slowly and does not always require injections of insulin. In both types there is a requirement to carefully monitor the diet to maintain acceptable blood sugar levels. Here we look at some of the foods that may suit someone living with diabetes so they can enjoy a healthy breakfast, be able to grab a quick snack or enjoy a tasty dessert. In addition, we look at the types of drinks a diabetic can consume. Breakfast Menus for DiabeticsBreakfast is an important meal for everyone. Those with diabetes will certainly want to start their day in a healthy way and not end up with a blood sugar spike. Oatmeal is considered a great breakfast and suitable for those with diabetes due to its low glycemic index which can help to maintain blood glucose levels. Eggs are also a traditional breakfast item that diabetes can enjoy as they are packed full of protein and low in carbohydrates. A tasty egg muffin packed with vegetables can make a great healthy start to the day.Healthy Snacks for DiabeticsFor someone not suffering from diabetes grabbing a quick sugar or carbohydrate filled snack to boost energy levels is a great quick fix to keep you going until the next meal. However, for a diabetic this could have dire consequences. Maintaining blood glucose levels within acceptable levels is key, so when it comes to grabbing a snack care must be taken. Graham cracker squares topped with some light cream cheese and grapes can make a tasty snack. Fat free plain Greek yogurt can also make a great healthy snack; add some dried cranberries to give it a little extra flavor. Enjoying Dessert As a DiabeticClearly dessert for a diabetic can be a tricky course. So many desserts are packed full of sugar and refined carbohydrates. Diabetics need to be extremely careful when eating dessert. Thankfully a quick search online of diabetic-friendly dessert recipes shows that there are loads of options when it comes to allowing a diabetic enjoy dessert. The key is to find sugar alternatives and flour substitutes to ensure that their nutritional content is not going to send blood sugar levels sky rocketing.Drinks for a DiabeticLet’s face it, for everyone, diabetic or otherwise, water is the best drink to consume. Period. However, we all like to mix it up a bit with alternative beverages. For a diabetic it is clearly best to totally avoid sugar filled soda. While diet versions may be okay they are not great from a nutritional perspective. Low fat milk can be a great healthy drink and black tea is okay too. Care should be taken with drinking juices, while a little may be fine they need to be factored into any carefully controlled carbohydrate intake. Alcohol too needs to be considered carefully before being consumed. Not only can many types of alcohol affect your blood sugar levels but alcohol can also interfere with any medication being taken.In SummaryDiabetes is a condition that requires careful management of blood sugar levels. A healthy diet is key to this. Ensuring foods consumed do not cause a spike in blood sugar levels is vital. Oatmeal or traditional eggs can make a great breakfast while snacking on light cheese and fruits such as grapes and pears can keep you going until your next meal. Dessert doesn’t have to be avoided provided it is made as a sugar-free option. Finally when quenching a thirst water is always the best option but milk or black tea can provide an alternative with care being taken if consuming juices or alcohol. MORE FROM LIFE123.COM

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