

You have the power to manage your diabetes.

By testing your own blood sugar regularly and getting an A1c test up to four times a year, you are taking an active role in controlling your diabetes. Your A1c results will help you and your healthcare team ensure your diabetes plan is working. The better your control, the better your health will be.

The patient trend graph produced by the A1c analyzer provides a snapshot of how your A1c is trending over time to help you understand if your current therapy is working or if adjustments are needed.

Ask your physician about taking an A1c test and getting your trend graph today.

Brought to you by the Siemens Healthineers DCA Vantage® Analyzer, a trusted in-office system for HbA1c testing.



DCA Vantage® Analyzer provides a printed trend graph that monitors your HbA1c levels over time.

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References

¹American Diabetes Association. Standards of Medical Care in Diabetes-2020 Diabetes Care Volume 43, Supplement 1, January 2020.

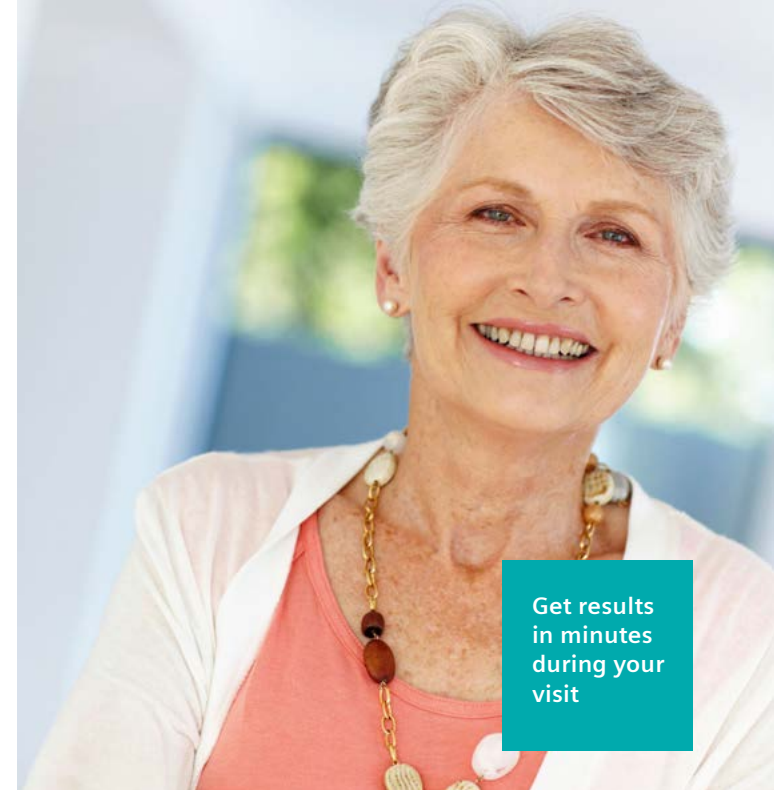
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Managing Diabetes

Staying in control
is as easy as A1c

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A1c is a simple test to help you control your diabetes.

Ask your doctor how often you should be tested

What is A1c testing?

You probably already check your blood sugar levels at different times of the day—a good way to manage your diabetes. But these levels change from minute to minute. How can you know if your blood sugar levels are in control overall?

There is a test called A1c that tells you your average blood sugar level for the past 3–4 months. Also known as a glyco-hemoglobin or HbA1c test, A1c can be taken right in your healthcare professional's office, giving you immediate results using just one drop of blood.

Who should get tested?

Anyone with diabetes, whether insulin-dependent (Type 1) or non-insulin-dependent (Type 2), will benefit from taking this test to learn their A1c number.



How does it work?

The A1c test measures the amount of sugar that sticks to hemoglobin, a protein inside the red blood cells that carry oxygen from your lungs to the rest of your body. These sugars stick onto the hemoglobin protein for the life of the red blood cell—about 3 or 4 months. The more sugar in your blood, the higher your A1c will be.

How can A1c testing help me?

If your A1c test result is higher than 7%, your diabetes may be out of control. Your healthcare team may change your diabetes management plan to help you better control your blood sugar. Following this plan, you will know you are on the path to staying healthy as your HbA1c comes closer to normal.

Studies have shown that improving A1c control can greatly reduce the risk of complications from diabetes, including¹:

- Kidney disease
- Heart disease
- Eye damage
- Amputations

As little as a 1% decrease in A1c could lead to as much as a 35% reduction in the risk of such complications.

How often should I have this test?

The American Diabetes Association (ADA) says that anyone with diabetes should have an A1c test at least once every 6 months, and every 3 months if your diabetes treatment changes, if you are not meeting your blood glucose goals, or if your doctor wishes to monitor your progress. These are guidelines, but your healthcare team can select the test frequency that's right for you.

How does my A1c test result compare to my daily blood sugar levels?

This chart is an example of how blood sugar compares to A1c. Some labs use different ways to test and have a different normal range. Talk to your healthcare team about your results.

HbA1c Correlated to Plasma Glucose Levels¹

% HbA1c	Level of Control	Average Plasma Glucose*	
		mg/dL	mmol/L
12	Poor Control	345	19.5
11		310	17.5
10		275	15.5
9	Additional Action Suggested	240	13.5
8		205	11.5
7	Goal	170	9.5
6	Normal	135	7.5

Note: If using older glucose self-test meters that report whole-blood glucose, these values will be approximately 12% lower.