HEMOGLOBIN A1C - What does it mean?

There are many different types of cells found in blood; among them are red blood cells (RBC).
  1. These cells contain hemoglobin, a protein that carries oxygen throughout the body.
  2. Red blood cells are constantly forming and dying; the average lifespan of a RBC is about 3 months (120 days).

The glucose/sugar in our blood naturally attaches itself to the hemoglobin in RBCs.
  1. Even in people without diabetes, a certain amount of glucose/sugar will attach to the hemoglobin.
  2. As the amount of glucose/sugar increases in the blood, more and more glucose/sugar will attach itself or coat the hemoglobin in RBCs.

The A1C test specifically measures what percentage of hemoglobin is coated with glucose/sugar (glycated).
  1. A higher A1C number means a higher percentage of hemoglobin in the RBC is coated with glucose/sugar. This would be an indication of poorer blood sugar control and increase the risk of diabetes complications.
  2. Since red blood cells live for about 120 days, an A1C level reflects the average blood sugar in the last 120 days.

eGFR - What does it mean?

eGFR is short for estimated glomerular filtration rate.
  1. eGFR is a number based on a blood test for creatinine, a waste product in your blood.
  2. It tells how well the kidneys are working to filter waste products from the body.

Healthy kidneys generally filter at a rate of 100 milliliters per minute. An eGFR lower than 60 ml/minute suggests they may not be functioning properly and further testing may be recommended.