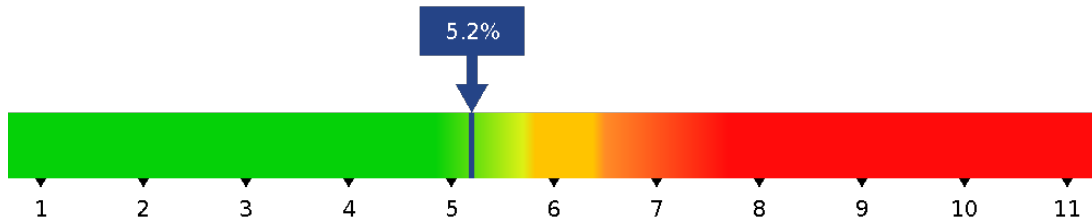


# Haemoglobin A1c Report

**Name:** Fatty Acid  
**DOB:** 2000-01-01  
**Account:** Customer

**Sample ID:** TEST0051  
**Result date:** 2024-10-01

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Reference range: 0 - 6.5 %, Desirable range: 0 - 5.7 %; Reference range is representative of a normal patient population.

Congratulations on taking a proactive step in managing your health by measuring your HbA1c levels! This report provides essential information about your HbA1c status, a key indicator of your average blood glucose levels over the past 2-3 months. Maintaining healthy HbA1c levels is crucial for overall health, particularly for managing and preventing diabetes.

Haemoglobin A1c (HbA1c) is a form of haemoglobin that is chemically linked to glucose. When blood glucose levels are consistently high, more glucose attaches to haemoglobin, resulting in higher HbA1c levels. Measuring HbA1c provides an overall picture of your average blood sugar levels, helping to assess how well your blood sugar is being controlled over time.

Your current Haemoglobin A1c level is 5.2 %, which is in the optimal range. Generally, an HbA1c level below 5.7% is considered normal, 5.7%-6.4% indicates prediabetes, and 6.5% or higher suggests diabetes. Maintaining an HbA1c level within the normal range is important for reducing the risk of complications associated with high blood sugar, such as cardiovascular disease, nerve damage, kidney disease, and vision problems.

To manage and improve your HbA1c levels, consider incorporating the following lifestyle changes:

- Healthy Diet:** Focus on a balanced diet rich in whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit the intake of processed foods, sugary beverages, and refined carbohydrates. Choose foods with a low glycaemic index (GI) that have a slower impact on blood sugar levels.
- Regular Physical Activity:** Engage in regular physical activity, such as brisk walking, swimming, or cycling. Physical activity helps your body use insulin more effectively, lowering blood sugar levels.
- Weight Management:** Maintaining a healthy weight can significantly impact your blood sugar levels. If you are overweight, losing even a small amount of weight can help improve your HbA1c levels and overall health.
- Hydration:** Drink plenty of water throughout the day. Staying hydrated helps your kidneys flush out excess sugar through urine and can prevent dehydration, which can affect blood sugar levels.

Your healthcare provider may recommend rechecking your HbA1c levels every 3-6 months to monitor your progress and make necessary adjustments to your treatment plan. Consistent monitoring and lifestyle adjustments are key to maintaining healthy HbA1c levels and overall health.

Your healthcare provider can provide personalised recommendations based on your specific health needs and ensure that any changes are safe and effective for you.

Understanding and managing your HbA1c levels is a critical step towards maintaining good health and preventing complications associated with high blood sugar. By incorporating a healthy diet, regular physical activity, weight management, and other lifestyle changes, you can effectively control your HbA1c levels and improve your overall well-being.

Before making any significant changes to your diet, exercise routine, consult with your healthcare provider.