



## Glycemic control standard and glycated hemoglobin 糖化血色素及血糖控制標準(英文)

Good glycemic control will promote health, prevent complications, raise quality of life and prolong life-span.

Glycated hemoglobin (HbA1c) reflects the glycemic control from the past 3 months. When there are more blood glucoses, glycation increases, making the value of HbA1c higher. Higher HbA1c means poorer glycemic control, which is easier to incur complications.

### Correlation table for glycated hemoglobin (HbA1c) levels and the mean for plasma glucose levels

Glycated hemoglobin	Mean plasma glucose	
	mmol/L	mg/dL
HbA1c (%)		
5	5.5	100
6	7.5	135
7	9.5	170
8	11.5	205
9	13.5	240

10	15.5	275
11	17.5	310
12	19.5	345

### Normal plasma glucose values

Fasting Blood Glucose	70 – 100 mg/dL
Two-hour Postprandial Blood glucose	< 140 mg/dL
Glycated Hemoglobin (HbA1c)	4% ~ 5.6%

### Recommended glycemic goals for adults with type 1 or type 2 diabetes

Glycated Hemoglobin (HbA1c)	< 7%
Preprandial Plasma Glucose	80 – 130 mg/dL
Postprandial Plasma Glucose	< 180 mg/dL
Blood Pressure	< 140/90 mmHg
Low-density Lipoprotein Cholesterol	< 100 mg/dL
Triglyceride	< 150 mg/dL
High-density Lipoprotein Cholesterol	> 40 mg/dL

---

## Important statements :

1. The target for glycemic control must be individualized, in the absence of hypoglycemia, patients' glycated hemoglobin is aim to be less than 7%. It is necessary to notify your physician to adjust the regimen or dieting once hypoglycemia develops during diabetes treatment.
2. When the preprandial blood glucose level does not match glycated hemoglobin (HbA1c), measuring postprandial glucose level is needed.
3. Please contact diabetes education center if you have any questions .

---

若有任何疑問，請不吝與我們聯絡  
電話：(04) 22052121 分機 3229  
HE-10115-E