
AVERAGE BLOOD GLUCOSE

New research presented at the American Diabetes Association Scientific Sessions in June 2008 offered an updated formula for converting A1C test results to average blood glucose levels. This information may make it easier to see how the blood glucose readings you get on your meter relate to your A1C test results. Note that if you saw similar comparison charts in years past, the numbers in the average blood glucose column were somewhat different.

A1C	Average mean blood glucose
5%	97 mg/dl
6%	126 mg/dl
7%	154 mg/dl
8%	183 mg/dl
9%	212 mg/dl
10%	240 mg/dl
11%	269 mg/dl
12%	298 mg/dl

Diabetes Self-Management, "Managing Your Blood Glucose Ups and Downs" by Stacy Griffin, Pharm.D., R.Ph., and Diane Ballard, R.N., B.S.N., C.D.E.

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