



## WHY HEMOGLOBIN A1C IS AN IMPORTANT TEST FOR EVERYONE, ESPECIALLY OVERWEIGHT INDIVIDUALS

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Every time you eat a meal or snack, or drink a beverage, the level of glucose (“sugar”) in your blood rises. Your pancreas secretes insulin so the glucose can be quickly stored. In diabetic and overweight individuals at risk for developing diabetes, the amount of insulin secreted by the pancreas is too low. This can lead to an excessive rise in blood glucose. Measuring blood glucose is useful, but highly variable.

Now there is a convenient test that tells you and your doctor if your blood sugar has been consistently elevated. The test, known as “Hemoglobin A1c,” is now recommended by the American Diabetes Association to identify diabetes at an early stage. This is important so that interventions such as education, exercise, and diet can be used to prevent the need for insulin therapy.

***Disclaimer:** The information in this article is for sole purpose of making consumers aware of new diagnostic tests and/or advances in medical care. Consumers should check with their physician before taking any action.*

### *About John A. Schmidt, MD*

As one of the first physicians to provide patients with a Medical Home in Monmouth County, New Jersey, Dr. Schmidt coordinates care for his patients. He works with their specialists and other healthcare providers to ensure that his patients have everything that they need to stay healthy and well. Dr. Schmidt accomplishes this by managing his patients’ Personal Health Information. Specialists and other providers update Dr. Schmidt on the care they give so that he has a complete picture of what is going on in their Electronic Medical Record. Patients benefit from his proactive approach. The duplication of tests and procedures is minimized, as well as the risk of potentially dangerous drug interactions. He is among the first to provide patients direct Internet access to their Personal Health Information through a secure, password-protected, Patient Portal available on his website. Dr. Schmidt provides information on Medical Homes, Electronic Medical Records and health care on his blog at [www.schmidtmd.com](http://www.schmidtmd.com).

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