



## CLIFTON HEALTH DEPARTMENT

---

900 Clifton Avenue  
Clifton, NJ 07013

# Clifton Health Department and St. Mary's General Hospital to Hold Hemoglobin A1C Testing

### For Immediate Release

July 18, 2019

**Contact: Loyal Helwani**  
**Health Educator**  
**973-470-5773**

The Clifton Health Department and St. Mary's General Hospital will be holding FREE Hemoglobin A1C Testing on **August 21, 2019 from 10am-12pm at the Clifton Health Department, located at 900 Clifton Ave, 2<sup>nd</sup> Floor. Registration is required; please call 973-470-5773 to register.** This screening is open to Clifton and Little Falls residents. Please note: fasting is NOT required for this test.

According to the Centers for Disease Control and Prevention (CDC), the A1C test is a simple blood test that measures your average blood sugar levels over the past 3 months. It is one of the commonly used tests to diagnose prediabetes and diabetes. When sugar enters your bloodstream, it attaches to hemoglobin, a protein in your red blood cells. Everybody has some sugar attached to their hemoglobin, but people with higher blood sugar levels have more. The A1C test measures the percentage of your red blood cells that have sugar-coated hemoglobin.

The CDC recommends that you get a baseline A1C test if you are an adult over age 45, or if you are under 45, are overweight, and have one or more risk factors for prediabetes or type 2 diabetes. If you have diabetes, it is recommended to get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions.

A normal A1C level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. Within the 5.7% to 6.4% prediabetes range, the higher your A1C, the greater your risk is for developing type 2 diabetes. If you are found to have a high A1C levels, a combination of diet, exercise, and medication can bring your levels down.

The Clifton Health Department and St. Mary's General Hospital encourage you to get an A1C test to find out your average levels to better understand if you are at risk for prediabetes or type 2 diabetes, or if you're managing diabetes.

*The Clifton Health Department is a contractual health agency serving the Township of Little Falls.*  
###