

# Help your patients make the connection between daily and long-term glycemic control.



## **Introducing estimated Average Glucose (eAG), a new way to talk to patients about diabetes management.**

For years, the A1C test has given patients and health care providers an invaluable tool for measuring diabetes control and guiding treatment decisions.

However, A1C as an indicator of diabetes control is not always easy to explain to patients. The measurement—expressed as a percentage—is not something that intuitively relates to the glucose measurements that patients encounter through home glucose monitoring or their lab values. This may make A1C targets difficult for patients to translate into action.

**1-800-DIABETES**  
**[diabetes.org/professional/eAG](https://diabetes.org/professional/eAG)**

**Now, there is  
a new way to  
discuss blood  
glucose control  
with your  
patients —  
estimated  
average glucose  
— or eAG.**



The results of the A1C-Derived Average Glucose study (ADAG), recently published in *Diabetes Care*, have affirmed the existence of a linear relationship between A1C and average blood glucose levels.

In light of the study results, the American Diabetes Association is joining with EASD and IDF to promote a new term in diabetes management, estimated average glucose or eAG. Health care providers can now report A1C results to patients using the same units (mg/dl or mmol/l) that patients see routinely in blood glucose measurements.

When discussing the effectiveness of an overall treatment plan in diabetes management, the use of eAG can help simplify the discussion between a patient and provider, using terminology and measurements that are familiar to the patient. Using eAG may enhance the diabetes education process by focusing on a single set of values for both daily glucose checks and long-term control.

For more information about eAG including an on-line eAG calculator, education materials, and a link to the full article from the ADAG study group, visit the American Diabetes Association website at [diabetes.org/professional/eAG](http://diabetes.org/professional/eAG).

A1C	eAG	
	mg/dl	mmol/l
%		
6	126	7.0
6.5	140	7.8
7	154	8.6
7.5	169	9.4
8	183	10.1
8.5	197	10.9
9	212	11.8
9.5	226	12.6
10	240	13.4

Formula:  $28.7 \times \text{A1C} - 46.7 = \text{eAG}$

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