

Evaluation and Assessment of Glycemic Control in Type 2 Diabetes Mellitus Patients by Glycated Hemoglobin and Estimated Average Blood Glucose

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Abstract

Glycated hemoglobin concentrations reflect time-averaged blood glucose during the previous 2-3 months and are used as the gold standard for long term follow up of glycemic control. The patients should be clearly explained in the context of the importance of having good daily glycemic profiles to understand the relationship between high HbA1c results and health risks. HbA1c was estimated in hemolysate by nephelometric method followed by National Glycohemoglobin Standardization Program (NGSP) protocol with MISPA-I2 smart card system in 104 type 2 DM patients. Fasting blood glucose (FBG) and Post prandial blood glucose (PPBG) were simultaneously determined in serum of patients. The calculation was done by using formula eAG (mg/dl): $(28.7 \times \text{HbA1c}) - 46.7$ given by NSGP/DCCT guideline. The categorization of glycemic control was made as HbA1c $\leq 5.9\%$ (very good glycemic control), HbA1c between 6.0 and 6.9 % (good glycemic control), HbA1c between 7.0 and 7.9 % (poor glycemic control), HbA1c $\geq 8\%$ (bad glycemic control).



Biography:

Suprita Gupta is faculty in Department of Biochemistry at National Medical College Teaching Hospital in Nepal.

Speaker Publications:

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