

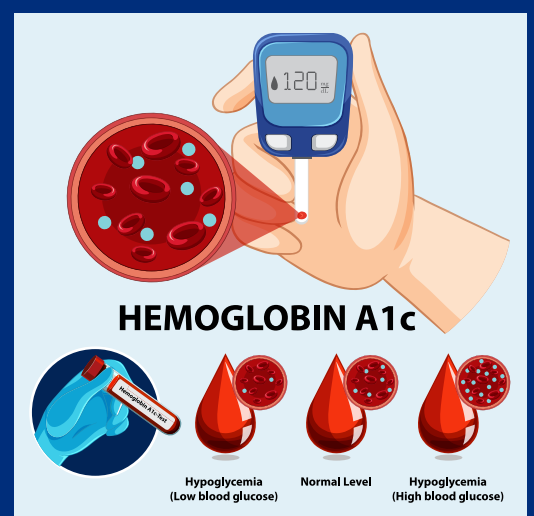


**Know Your Numbers:**  
Why HbA1c Every 6 Months Matters a lot in preventive management of diabetes

**Our Blood Sugar Story: Why HbA1c Every 6 Months is Your Chapter Guide**

**Imagine your blood sugar is a river.**

Sometimes it flows smoothly, sometimes it rages like a monsoon. You can't see the long-term impact of those surges and dips just by glancing at it daily. That's where the HbA1c test comes in – it's like a time-lapse video, showing you the river's average flow over the past 2-3 months.



**A small story!**

Maya felt fine, just a little tired. "**Probably just stress,**" she thought. But her doctor, remembering her family history of diabetes, suggested an **HbA1c test.**

Turns out, her "**river**" was running high. Not dangerously so, but high enough to raise a **red flag.**



"If we catch it now," her doctor explained, "we can make some changes and avoid bigger problems down the line." Maya started making small adjustments to her **diet and exercise,** and at her six-month follow-up, her **HbA1c** had **dropped significantly.**



**Why Maya's Story Matters:**

**Early Detection, Better Outcomes:**

Like Maya, many people with prediabetes or early-stage type 2 diabetes **experience no symptoms.** Regular HbA1c testing allows for early intervention, preventing the "flood" of complications.

**The Power of Tracking:**

Just like a river's flow changes with the seasons, your blood sugar levels fluctuate. The **HbA1c** test helps you track those changes and make informed decisions about your health.

**Scientific Backing:**

Research proves that by **controlling blood sugar,** as reflected in HbA1c, dramatically reduces the risk of long-term problems. It's not just a number; it's a predictor of your future health.

**Your Personal Narrative:**

**Every six months, the HbA1c test** gives you a new chapter in your health story. Are you writing a story of proactive management, or one of reactive crisis?



**Don't let your blood sugar story write itself.**



Schedule your HbA1c test today. Like Maya, you can take control of your narrative and ensure a healthier, happier future.



**Your Health,  
Your Story.**

For doubts and queries, please reach out:

**Dr. Shanti Vijeyapall**



**+91 9866101009**