

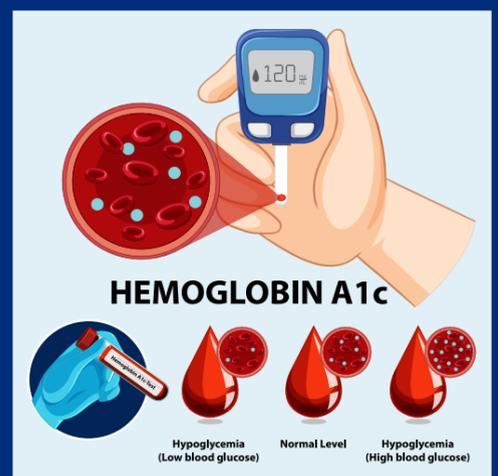


**Know Your Numbers:
 Why HbA1c Every
 6 Months Matters a
 lot in preventive
 management of
 diabetes**

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:

wellness@quadratyx.com