

## **Don't recommend Glycated Hemoglobin (HbA1c) routine frequent testing within three months of the period, especially in adults with stable type 2 diabetes**

Diabetes and its associated complications are an increasing global health problem [1] and in Saudi Arabia in particular [2]. Therefore, one of the essential tools to control the glycemic status is to perform a regular blood glucose monitoring and glycated hemoglobin (HbA1c) [3]. The National Institute for Health and Clinical Excellence (NICE) in the United Kingdom (UK) recommend the performance of HbA1c every 2–6 months in those patients with type 2 diabetes [4]. The American Diabetes Association (ADA) guidelines [5] recommend performing the HbA1C test at least twice a year in patients who are under control and every three months for those who has changed their medications or not meeting glycemic goals [5]. The clinical practice shows that HbA1c test is useless to be repeated within a short period of time (two to three months) [6]. The reason for this is because of the lifespan of erythrocytes [7]. Therefore, changes in HbA1c will not be clinically significant.

Previous studies show that HbA1c is over utilized, but it can be regulated if we know that HbA1c re-testing within a three-month period is useless especially in those diabetic patients with controlled glycemic status.

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