



## What is A1c, and What Does It Have to Do With Diabetes?

It is a blood test performed by your doctor that can identify prediabetes, which raises your risk for diabetes. It can be used to diagnose diabetes. And it's used to monitor how well your diabetes treatment is working over time.

This relatively simple blood test can tell you a lot. The test results give you a picture of your average blood sugar level over the past two to three months. A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months.

If your A1C level is between 5.7 and less than 6.5%, your levels have been in the prediabetes range. If you have an A1C level of 6.5% or higher, your levels were in the diabetes range. The goal for most adults with diabetes is an A1C that is less than 7%.

## If you have diabetes, North Alabama Community Care can help you!

Please call us at 1-855-640-8827.

- Find a doctor who accepts Medicaid
- Understand results from medical tests
- Schedule doctor appointments
- Manage medications
- Find community resources
- Use Non-Emergency Transportation (NET) services

*Our goal is to provide care coordination services to help you take charge of your healthcare.*

*We provide services for primary care, maternity, and family planning for Alabama Medicaid Recipients in Cullman, Jackson, Limestone, Madison, Marshall, and Morgan Counties.*



**National Infant  
Immunization Week**  
IMMUNIZATION.  
POWER TO PROTECT.

## April 26<sup>th</sup>- May 3<sup>rd</sup> is National Infant Immunization Week

Vaccinating on time, every time in a baby's first two years of life provides the best protection against dangerous diseases.

The recommended immunization schedule provides infants and children with protection from 14 potentially life-threatening diseases.

**PROTECT YOUR BABIES**  
EVERY VACCINE COUNTS

To keep your child protected, immunize  
**on time, every time.**

Birth	Hep B
2 Months	Hep B, RV, DTaP, Hib, PCV, IPV
4 Months	RV, DTaP, Hib, PCV, IPV
6 Months	Hep B, RV, DTaP, Hib, PCV, IPV, Influenza (Yearly)*
12 Months	Hib, PCV, MMR, Varicella, Hep A
15 - 18 Months	DTaP
18 Months	Hep A
4 - 6 Years	DTaP, IPV, MMR, Varicella

\* Two doses, given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

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Learn more at [ImmunizeTexas.com](http://ImmunizeTexas.com)

Make shots easier on your baby:

- Distract and comfort your child by cuddling, singing, or talking softly.
- Smile and make eye contact with your child. Let your child know that everything is ok.
- Comfort your child with a favorite toy or book. A blanket that smells familiar will help your child feel more comfortable.
- Hold your child firmly on your lap, whenever possible.
- Once your child has received all of the shots, be especially supportive. Hold and cuddle your child. A soothing voice, combined with praise and hugs will help reassure the child that everything is okay.
- Additionally, babies can be soothed through swaddling, skin-to-skin contact, and breastfeeding.

**Remember to  
schedule your  
child's next  
doctor's visit!**



Stay current with your child's vaccinations for the best protection against diseases.



After the shots:

- Sometimes children experience mild reactions from shots, such as pain at the injection site, a rash, or a fever. These reactions are normal and will soon go away. Some tips to help you identify and minimize mild side effects include:
- Use a cool damp cloth to reduce redness, soreness, and/or swelling at the place the shot was given.
- Reduce fever with a cool sponge bath.
- Offer liquids more often. It is normal for some children to eat less during the 24 hours after getting vaccines.

**North Alabama  
Community Care**

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35805**

**Toll Free Phone:  
(855) 640-8827**

**Web Site:  
[www.northalcc.org](http://www.northalcc.org)**

## Vaping and E-Cigarettes

E-cigarettes, also known as e-cigs, vapes, vape pens, and electronic nicotine delivery systems (ENDS), are experiencing rapid growth in popularity, especially among teens and young adults.

As of February 26, 2020, the Alabama Department of Public Health (ADPH) has 15 cases of lung disease associated with e-cigarette product use, or vaping.

Because e-cigarettes are still fairly new, scientists are still learning about the long-term health effects of their use. It is known that most e-cigarettes contain nicotine, which is highly addictive, toxic to developing fetuses, and can harm adolescent brain development. Other potential dangers include the ingestion of cancer-causing chemicals and heavy metals such as tin and lead.

The Alabama Tobacco Quitline is a free telephone and online coaching service for any Alabamian who is ready to quit tobacco or e-cigarette use.

**1.800.QUITNOW**  
**QUITNOWALABAMA.COM**  
1-800-784-8669

