

The GLYCO^{MARK}® Test

Know your risk™ for poor glucose control.



metabolic

What is the GLYCO^{MARK}® Test?

The GLYCO^{MARK}® test measures a molecule called 1,5-AG that is a glucose-like sugar found in most foods.

If you have good glucose (blood sugar) control, the amount of 1,5-AG in your blood won't change much, because there is a balance between how much you get from food and how much leaves your body in your urine. If you have normal blood glucose levels, 1,5-AG is reabsorbed in the kidneys, and you will have a high blood 1,5-AG level. However, every time your blood glucose levels go above 180 mg/dL, the reabsorption of 1,5-AG in your kidneys is blocked and the 1,5-AG ends up in your urine. This results in low 1,5-AG levels in your blood.

How does knowing the GLYCO^{MARK}® test result help?

Blood glucose levels can fluctuate after a meal or snack. Glucose “spikes” occur when levels go very high, and these spikes may be followed by very low glucose levels. These extreme changes in glucose levels are called “swings”. Even if your blood glucose levels appear well-controlled by HbA1c testing, glucose spikes may be happening to you, and can now be detected more easily than with other tests. Your medical provider may use the GLYCO^{MARK}® test, along with the HbA1c test, to specifically design a treatment plan for you, whether it is to reduce these glucose spikes after meals or snacks or to improve your overall glucose control.

When should I have a GLYCO^{MARK}® test?

Your medical provider may order the GLYCO^{MARK}® test if you have diabetes and your HbA1c levels are between 6.0 and 8.0%. It can be ordered as frequently as monthly to check whether your treatment plan is working, particularly if it has recently changed.

The GLYCO^{MARK}® test can help you better control your blood glucose levels.

Is there anything I can do to improve my GLYCO^{MARK}® test results?

Because the GLYCO^{MARK}® test measures how well your glucose is controlled, improving blood sugar control will improve your GLYCO^{MARK}® test results.

- Reduce the amount of sugar you eat. Processed foods can be high in hidden sugar, so be sure to read the labels.
- Review your meal plan with your medical provider or dietitian. There may be steps you can take to improve your glucose control and reduce the chances of having a spike after a meal or snack. Eating more foods with a low glycemic index may help.
- Increase your amount of physical activity. Activity after a meal can help your body more efficiently use the glucose in the food. Plus, being physically active is good for heart health.

- There are medications that may help reduce the risk of blood sugar spikes after meals or snacks, even if your baseline blood glucose is well controlled. Your medical provider can design a plan that's best for you.

How should I prepare for the GLYCO^{MARK}® test?

No preparation is required for the GLYCO^{MARK}® test. You may eat and drink prior to the test, and take your medications as normal.

OPTIMAL RANGE

for Diabetic Patients
GLYCO^{MARK}®
(µg/mL)

>10

REFERENCE RANGE

for Non-Diabetic Patients
GLYCO^{MARK}®
(µg/mL)

WOMEN

6.8-29.3

MEN

10.7-32.0

 **ClevelandHeartLab**®
Know your risk.