

Hyperglycemia

Causes:

Too much food
Too little insulin
Illness
Stress

Onset:

Gradual, may progress to diabetic coma
Blood Sugar: Above 200 mg/dl
Acceptable range = 115-200 mg/dl

Symptoms:

- Tiredness
- Fatigue
- Increased appetite
- Increased thirst
- Frequent urination
- Blurred Vision
- Dry, itchy skin
- Poor healing of wounds
- Flu-like aches
- Drowsiness
- Nausea
- Headaches

What Should I Do??

- Test your blood sugar
- Warning signs can often be very subtle or you may think they are caused by other conditions
- If your blood sugar is over 250 mg/dl for several tests, call your doctor

If you discover that your blood sugar is not in your target range, problem solve by asking these questions:

- Did you change your meal plan?
- Did you decrease or skip your exercise?
- Did you take enough of your medication and follow your normal schedule?
- Did you forget to take you medication or insulin?
- Were you stressed about something?
- Were you ill or did you have an infection?

Prevent high blood sugar by:

- Taking you diabetes medication as instructed
- Carefully following your meal plan
- Following your exercise plan
- Decreasing the stress in your life
- Taking care of illness or infection quickly
- Testing blood glucose often