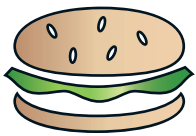


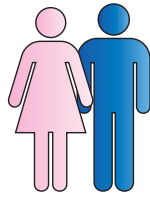
HYPERGLYCEMIA

Hyperglycemia—also called high blood sugar—occurs when your blood sugars are above target range. **For people with diabetes, the target range is 80-130 mg/dl before meals and 80-180 mg/dl two hours after the first bite of a meal.** Over time, having too much sugar in your blood can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease.

Symptoms:



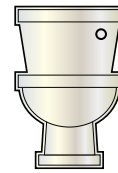
Hunger



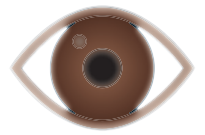
Bladder or vaginal infections



Hurting and burning feet



Frequent urination



Blurred vision



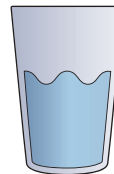
Always tired/
weak



Wounds that slowly heal



Headache and confusion



Extreme thirst



Moodiness/
Irritability



Unexplained weight loss with blood sugar readings greater than 250 mg/dl

Causes:

- Eating more carbohydrates than usual
- Drinking sugary beverages
- Skipping medications or taking the wrong medication dose
- Being less active than normal
- Sickness/Stress
- Not rotating insulin injection sites or using expired insulin vials/syringes
- If on insulin pump, consider: kinked, leaking or bent tubing, pump malfunction, empty cartridge, or infusion site infection

HIGH BLOOD SUGAR

Treatment:

- Drink water or liquids without sugar, at least one cup (8 oz.) every hour
- Check blood sugar every two to four hours
- Take diabetes medications as prescribed
- Follow meal plan
- Do physical activity, unless restricted by physician
- Manage stress
- Call your doctor if you have consistent high blood sugar readings or when you are ill

If you are taking insulin:

- If blood sugar is over 300 (240mg/dl for Type 1), check for ketones in the urine
 - Ketones build up when your body does not have enough insulin to move sugar into the cells, so your body breaks down the fat for energy
- Call your doctor if you have ketones in the urine
- Do not exercise if you have ketones in the urine