

HIGH BLOOD SUGAR

High blood sugar (hyperglycemia) is too much sugar in the blood or any blood sugar reading above target range. For most people, a high blood sugar reading is above 130mg/dl before meals and above 180mg/dl two hours after first bite of meal. Continuous high blood sugars can lead to complications associated with diabetes.

Symptoms:



Always hungry
(especially after
eating)



Vaginal infections
(itching)



Numbness and
tingling of feet



Sexual dysfunction
(difficulty with
erection)



Frequent urination
(especially during
night)



Blurred vision (be
sure your doctor
knows you have
diabetes)



Always tired



Wounds that
won't heal



Crave extra liquids
(more than 10
glasses a day)



Unexplained
weight loss

Causes for high blood sugars:

- Skipped medications/wrong dose/expired
- Not rotating insulin injection sites. If on insulin pump, consider: kinked, leaking or bent tubing, pump malfunction, empty cartridge, or infusion site infection
- Ate more carbohydrates than usual
- Less active than normal
- Sickness/Stress

Treatment:

- Drink water or liquids without sugar, at least one cup every hour
- Physical Activity, unless restricted by physician
- Check blood sugar every two hours
- Take medications as prescribed
- Follow meal plan
- Manage stress
- Seek medical attention promptly when sick or ill

If blood sugar is over 300 (240mg/dl for Type 1), check for ketones in the urine. Ketones build up when the body does not have enough insulin to move sugar into the cells it breaks down fat to utilize for energy and produces ketones. **Do not exercise if you have ketones in the urine.**

LOW BLOOD SUGAR

Low blood sugar (hypoglycemia) is a common problem in people who take insulin injections, but can also occur with some oral medications. Low blood sugars can typically be defined as blood glucose levels less than 70 or below, and must be treated immediately to avoid severe low blood sugars.

Symptoms:



Shaking



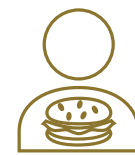
Sweating



Anxious



Dizziness



Hunger

Fast
heartbeatImpaired
visionWeakness/
fatigue

Headache



Irritable

Causes:

- Taking too much insulin or some oral pills
- Skipping a meal or eating less than usual
- Delaying meals or going long periods without eating
- Being more active than usual

Low Blood Sugar Preparedness:

- **ALWAYS** have fast acting form of sugar handy
- Eat at regular times—don't skip meals or snacks
- Take medications as prescribed
- Plan your exercise time
- Keep blood sugar log
- Wear medical identification
- Consider snack before bedtime, if lows at night
- Notify physician if low blood sugar continues more than two times per week

Treatment:

- Check blood sugar. If not able to check, but are having symptoms, treat anyway
- Treat by eating or drinking 15 grams of a **FAST** acting form of sugar. **ONLY** if able to swallow. Choose **ONE** of the following:
 - 4 oz. regular juice. orange, apple, grape
 - 4 oz. regular soda (not diet)
 - 3 or 4 glucose tabs
 - A package of glucose gel
 - 5 to 6 pieces of hard candy
- **WAIT** 15 minutes
- Recheck blood sugar, repeat if necessary
- Once blood sugar is at target range, have a snack if more than 30 minutes until your next meal