

Hyperglycemia or 'high sugar'

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Hyper = Too High



Sugar level above
200mg/dl

Signs and symptoms of high sugar levels

High blood sugar levels over time can cause problems for all parts of your body. It is very important that you learn the signs and symptoms your body gives you when your sugar levels are too high. Checking your blood sugars is the best way to see if your sugar levels are high. Don't wait for your body to let you know you have a problem.



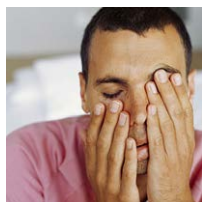
Thirsty



Urination (peeing)



Hungry



Tired



Blurred vision



Weight loss

Common causes of high blood sugar

One of the best ways for you to help control your sugar levels is to know what causes your sugar level to go up. By knowing the causes, you can take steps to stay away from or lessen the causes. You can't fix the problem if you don't know that you have one. So, never be afraid to check your sugar level!



Too many carbohydrates



Gaining weight



Missed medicines



Stress



Being sick



Steroids

Treatment:

Treatment of high sugar levels begins with knowing what has caused them to go high. Below are some tips to help you lower your sugar levels when they are high.

- Check your sugar levels to see what is going on
- Exercise (if no ketones present if you have Type 1 diabetes)
- Drink plenty of water. At least one glass per hour
- Take your diabetes medicines like your health care provider told you to
- Talk to your health care team

