RECOGNIZING SIGNS OF HYPERGLYCEMIA

Hyperglycemia is the term for high blood glucose (sugar). Several factors can contribute to hyperglycemia including food, sickness, some medications, or skipping or not taking enough glucose-lowering medication.

If hyperglycemia goes untreated it can cause severe dehydration and require hospitalization.

RECOGNIZING SIGNS OF HYPOGLYCEMIA

Hypoglycemia is the term for low blood glucose (sugar). Glucose is produced from the food you eat. Glucose is the “fuel” that your brain and body need to function properly. If you are living with diabetes, it is important to check your blood glucose regularly.

SIGNS AND SYMPTOMS

**MILD:**
- Blood sugar more than 180 mg/dL
- Frequent urination
- Increased thirst
- Blurred vision
- Trouble concentrating
- Fatigue
- Headaches

**MODERATE:**
- Below 55 mg/dL
- Dizziness
- Sleepiness
- Confusion
- Difficulty speaking
- Feeling anxious or weak

**SEVERE:**
- Requires assistance
- Seizure or convulsion
- Loss of consciousness or coma

If hypoglycemia is not corrected right away, it can quickly worsen. If your blood sugar is low, you should eat or drink something that will quickly raise your blood sugar.

For mild to moderate hypoglycemia, you should consume:
- 4 glucose tablets
- 5-6 pieces of hard candy
- 4 ounces of orange juice
- 6 ounces of regular (not diet) soda

Wait 15 minutes and retest your blood glucose level. If it is still low, consume another 15 grams of carbohydrate.

FACT:
Stress can make your blood sugar go up. Physical exertion can make your blood sugar go down.

FACT:
If you lose power and you have unused insulin, don’t throw it out! In an emergency, it is okay to use expired or non-refrigerated, unopened insulin.

**ENDOCARES**
DIABETES DISASTER RELIEF POCKET GUIDE
endocrine.org/disasterrelief