

Hyperglycemia





Reasons Hyperglycemia Can Occur

- Diabetes medicine
 - Incorrect dosage
 - Taken at wrong time
 - Out-of-date
- Eating too much
- Less active
- More stress
- Illness

Common Signs of Hyperglycemia



- Extreme thirst
- Frequent urination
- Blurry vision
- Feeling tired for no apparent reason
- Feeling strange

Ketosis



Signs of Ketosis

- No appetite
- Upset stomach
- Fruity breath
- Difficulty breathing
- Extreme thirst
- Dry mouth
- Frequent urination
- Flushed skin
- Blurred vision
- Fever



Ways To Treat Hyperglycemia

- Light exercise
- Insulin supplement
- Call medical team if blood sugar is over 350 two times in a row



Hypoglycemia



Reasons Hypoglycemia Can Occur

- Too much diabetes medicine
- Too little to eat
- Too much activity



Signs of Mild Hypoglycemia

- Shakiness
- Heart palpitations
- Sweating
- Chills
- Clamminess
- Nervousness
- Anxiety
- Rapid heart beat
- Dizziness
- Hunger



Signs of More Serious Hypoglycemia

- Headache
- Irritability
- Mood changes
- Blurred vision
- Drowsiness
- Nausea
- Confusion
- Poor concentration
- Nightmares
- Tingling; numbness of tongue and lips

