

HEALTH EDUCATION

High Blood Sugar (hyperglycemia)

Caused by:

- Too much food and not enough activity
- Too little insulin or diabetes medication
- Illness or stress

High blood sugar often starts slowly but without treatment can lead to a medical emergency.



Very Thirsty



Need to urinate often



Drowsy



Hungry



Blurry Vision



Dry Skin



Slow Healing Wounds

What to do if you have signs of high blood sugar:

1. Check your blood sugar as instructed by your healthcare provider.
2. Follow your meal and exercise plan, and drink plenty of water.
3. Contact your healthcare provider if you are concerned about your high blood sugars.

Low Blood Sugar (hypoglycemia)

Caused by:

- Too little food
- Skipping a meal
- Too much insulin or diabetes medication
- More activity than usual

Low blood sugar often occurs suddenly. You may pass out if untreated.



Shaky



Sweaty



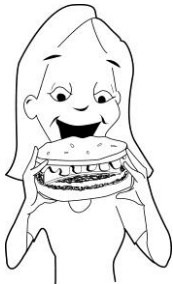
Confused, Anxious or Grouchy



Dizzy



Fast Heartbeat



Hungry



Weak or Tired



Headache



Double Vision

What to do if you have signs of low blood sugar:

1. Check your blood sugar right away. If you can't check, treat anyway.
2. To treat low blood sugar:
 - Eat 3 to 4 glucose tablets, OR
 - Drink 4 ounces juice or ½ can of regular (**not diet**) soda pop.
3. Check your blood sugar again after 15 minutes. If it is still low, treat again.
4. Call 911 if your symptoms don't stop.