

HYPERGLYCEMIA

(High Blood Sugar)

CAUSES: Too much food, too little insulin, illness or stress.

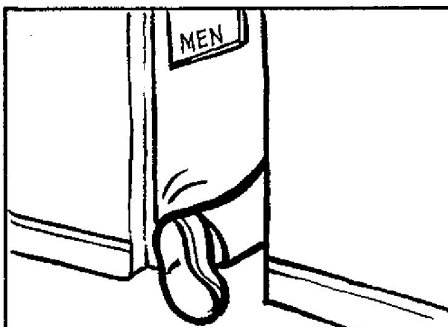
ONSET: Gradual, may progress to diabetic coma.

BLOOD SUGAR: Above 200 mg/dL.
Acceptable range: 115-200 mg/dL.



EXTREME THIRST

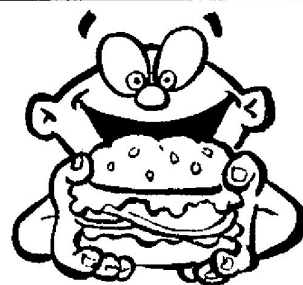
SYMPTOMS



FREQUENT URINATION



DRY SKIN



HUNGER



BLURRED VISION

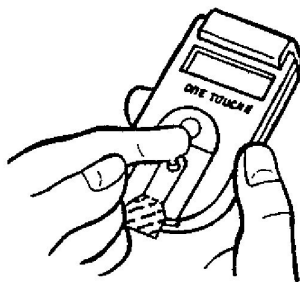


DROWSINESS



NAUSEA

**WHAT
CAN
YOU
DO?**



TEST BLOOD SUGAR



**If over 250 mg/dL for several tests
CALL YOUR DOCTOR**









HYPOGLYCEMIA

(Low Blood Glucose)

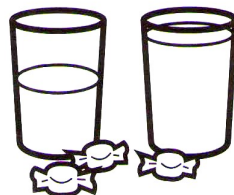
Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

SYMPTOMS

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.				
Onset: Sudden, may progress to insulin shock.				
SYMPTOMS				
				
SWEATING	DIZZINESS	ANXIOUS	HUNGER	
				
IMPAIRED VISION	WEAKNESS FATIGUE	HEADACHE	IRRITABLE	

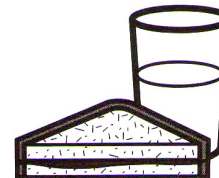
WHAT CAN YOU DO?



Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).



Within 20 minutes after treatment **TEST BLOOD GLUCOSE**. If symptoms don't stop, call your doctor



Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

Treatment may vary with different medications.