

What is Hyperglycemia?

(High levels of glucose in the blood)

Causes: Inadequate eating, lack of insulin in the blood, illness or stress. It begins gradually and it can progress to a diabetic coma. In most cases moderate hyperglycemia does not present symptoms.

SYMPTOMS



Extreme hunger



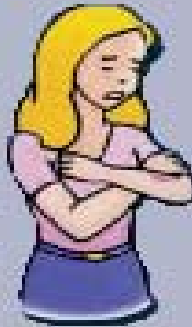
Extreme thirst



Blurred vision



Nausea



Frequent infections



Frequent urination



Tiredness and sleepiness



Slow healing, cuts or injuries



Dry skin

IF YOU HAVE THESE SYMPTOMS, WHAT SHOULD YOU DO?

1. Check your blood sugar level.
2. If your level is higher than 200 mg/dl for two tests in a row or if you have ketones in your urine.

CONTACT YOUR DOCTOR!



What is Hypoglycemia?

(Low levels of glucose in the blood)

Causes: Skipping meals, incorrect insulin administration, excessive or improper use of antidiabetic medication or too much exercise.

It begins suddenly and may progress to the point of placing the patient's life in danger.

SYMPTOMS



Weakness and fatigue



Excessive appetite



Blurred vision



Headaches



Shivering



High pulse rate



Dizziness



Sweating



Irritability

IF YOU HAVE THESE SYMPTOMS, WHAT SHOULD YOU DO?

15/15 Rule Directions:

1. Take 15g of carbohydrates.
2. Wait 15 minutes and check your blood sugar.
3. Repeat if needed.

15g of carbohydrates are equal to:

- 4 oz. of fruit juice or 1 Tbsp. honey or
- 1/2 can of regular (not diet) soda or 7-8 LifeSavers candies or
- 3 packets of sugar or glucose tablets

