

## SIGNS AND SYMPTOMS OF HYPERGLYCEMIA

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**High Blood Sugar (Hyperglycemia)** It is important to know the symptoms and treatment.

### Symptoms of High Blood Sugar

You may have one or ore of these symptoms when your blood sugar is high:

- Increased thirst
- Increased urination
- Increased hunger
- Blurred vision
- Drowsiness

### Action Plan:

Test your blood sugar. If over 250 mg/dL, call your doctor.

### How do you treat high blood sugar?

Often, you can lower your blood sugar level by exercising. However, if your blood sugar is above 240 mg/dL, check your urine for ketones. If you have ketones, do NOT exercise.

Exercising when ketones are present may make your blood sugar level go even higher. You will need to work with your doctor to find the safest way for you to lower your blood sugar level.

Cutting down on the amount of food you eat might also help. Work with your dietitian to make changes in your meal plan. If exercise and changes in your diet do not work, your doctor may change the amount of your medication or insulin or possibly the timing of when you take it.

### How do you prevent high blood sugar?

Your best bet is to practice good diabetes management. The trick is learning to detect and treat high blood sugar early -- before it gets worse.

*Adapted from the American Diabetes Association – <http://www.diabetes.org/type-2-diabetes/hyperglycemia.jsp>*