

# High Blood Sugar



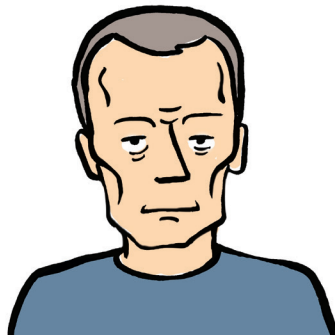
**DROWSINESS**



**INTENSE THIRST**



**EXCESSIVE HUNGER**



**INVOLUNTARY WEIGHT LOSS**



**IRRITABILITY**



**INCREASED URINATION**



**DIZZINESS**

# Hyperglycemia

## What is hyperglycemia?

Hyperglycemia, also known as high blood sugar, is a level of glucose in the blood above target levels. For the majority of people with diabetes, this level is:

- Above 7 mmol/L, when fasting or before a meal
- Above 10 mmol/L, two hours after a meal

## What causes hyperglycemia?

- A diet abnormally rich in carbohydrates;
- A change in a person's normal physical activity;
- A lack of insulin and/or antidiabetic medication (error or accidentally skipping a dose);
- A physical (illness, infection, etc.) or psychological stress (mourning a death, new job, etc.);
- Taking certain medications (ex.: cortisone).

## What should you do when experiencing hyperglycemia symptoms?

### Everyone:

- Measure your glycemia (blood glucose levels);
- Drink lots of water to prevent dehydration;
- Identify the cause of the hyperglycemia and follow your doctor's recommendations to correct the situation.

### People with type 1 diabetes:

- If your blood glucose level is above 14 mmol/L, check for ketones in your urine or blood.

## Consult a doctor without delay if one or more of these situations is present:

- Unable to tolerate any liquids;
- A change in the person's conscious state, such as confusion, agitation, no reaction to stimuli, hallucinations or unusual behaviour;
- Signs of dehydration: dry mouth, sunken eyes, decreased skin elasticity, etc.;
- Body temperature above 38.5 °C for more than 48 hours.

### People with type 1 diabetes:

- Blood glucose levels above 14 mmol/L in addition to the presence of ketones:
  - in the urine: a level above 4 mmol/L;
  - in the blood: a level above 1.5 mmol/L;
- Blood glucose levels above 20 mmol/L with nausea, vomiting and/or abdominal pain.

### People with type 2 diabetes:

- Blood glucose levels above 25 mmol/L with excessive drowsiness.

Consult a healthcare professional if the hyperglycemia persists and you cannot identify the cause. Untreated hyperglycemia can, over time, lead to complications of the eyes, kidneys, blood vessels and nerves, diminishing your quality of life.

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