HYPERGLYCEMIA
(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes medicine, illness or stress.

Onset: Gradual, may progress to diabetic coma.

SYMPTOMS

EXTREME THIRST

FREQUENT URINATION

DRY SKIN

HUNGER

BLURRED VISION

DROWSINESS

DECREASED HEALING

WHAT CAN YOU DO?

TEST BLOOD GLUCOSE

CALL YOUR DOCTOR

If over 200 mg/dL for several tests or for 2 days

Concept developed by Rhoda Rogers, RN, BSN, CDE, Sunrise Community Health Center, Greeley, Colorado
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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

<table>
<thead>
<tr>
<th>SWEATING</th>
<th>DIZZINESS</th>
<th>WEAKNESS</th>
<th>ANXIOUS</th>
<th>HUNGER</th>
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<tbody>
<tr>
<td>IMPAIRED VISION</td>
<td></td>
<td>FATIGUE</td>
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<tr>
<td>WEAKNESS</td>
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<tr>
<td>FAST HEARTBEAT</td>
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<td>HEADACHE</td>
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<td>IRRITABLE</td>
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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.

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