

Hypoglycemia

Low blood sugar

Symptoms of hypoglycemia include:



Shakiness



Fast heartbeat



Sweating



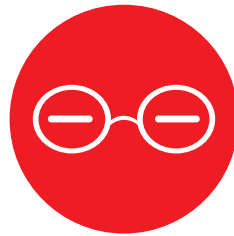
Dizziness



Anxiety



Hunger



Blurry vision



Weakness
or fatigue



Headache



Irritability

Hypoglycemia often comes on suddenly and may lead to a medical emergency if not treated immediately.

Causes

- Too much insulin
- Too little food
- Skipped meal
- More activity than usual
- Vomiting

Take action:

- Check your blood sugar. If you can't check, treat anyway.
- Treat by eating three to four glucose (sugar) tablets, or by drinking 4 ounces of fruit juice or half a can of regular soda.
- Check your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.



Visit choa.org/diabetes to learn more.

Hyperglycemia

High blood sugar

Symptoms of hyperglycemia include:



Extreme thirst



Need to urinate often



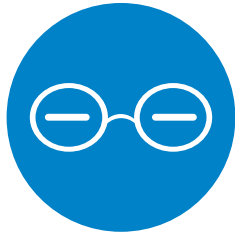
Vomiting



Dry skin



Hunger



Blurry vision



Drowsiness



Slow-healing wounds

Hyperglycemia often starts slowly, but it may lead to a medical emergency if not treated.

Causes

- Too little insulin
- Too much food
- Illness
- Stress

Take action:

- Check your blood sugar regularly.
- Check ketones if blood sugar levels are over 300. If moderate to large ketones are present, call your diabetes provider.
- If your blood sugar levels are higher than 240 three times in one day, call your diabetes provider.



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