

# 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
<b>WHAT CAN YOU DO?</b>	TEST BLOOD GLUCOSE  IF METER READS HIGH CALL YOUR PHYSICIAN 	

# 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



SHAKING



FAST HEARTBEAT

 SWEATING	 DIZZINESS	 ANXIOUS	 HUNGER
 IMPAIRED VISION	 WEAKNESS FATIGUE	 HEADACHE	 IRRITABLE
<b>WHAT CAN YOU DO?</b>	Drink 1/2 glass of juice or milk, or eat several hard candies	TEST BLOOD SUGAR 	Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk). 