

Hyperglycemia

What is hyperglycemia?

Hyperglycemia is high blood glucose (sugar). If hyperglycemia lasts for a long period of time, it can cause damage to your eyes, kidneys, heart, blood vessels and nerves. A blood glucose level of 180 mg/dL or above is considered to be hyperglycemia.

Studies have shown that complications from diabetes can be delayed or prevented by keeping blood glucose levels in these target ranges:

- Before meals or fasting: 90 – 130 mg/dL
- Two hours after a meal: 160 mg/dL or lower

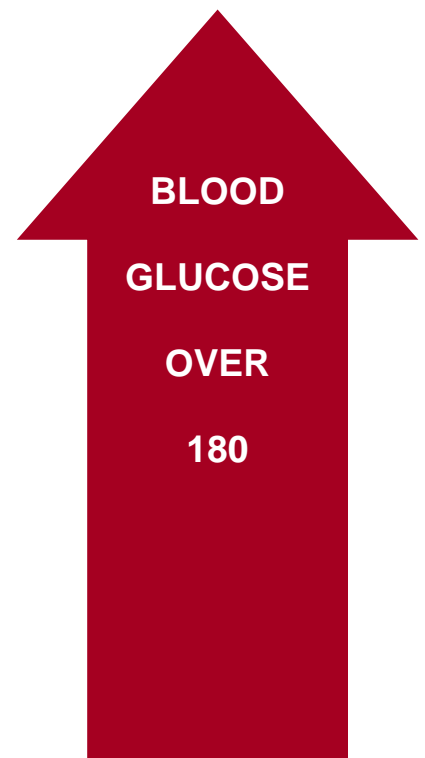
Talk with your physician about what your blood glucose target range should be. It could be different from those listed above depending on your age, your diabetes treatment plan, and other health conditions.

How will I know if my blood glucose is too high?

Blood glucose levels vary during the day. How you feel is not a good way to tell if your blood glucose is high. It is best to use a glucose meter several times each day to measure your blood glucose levels. Record these results in a logbook and show them to your physician at each visit.

Some common symptoms of high blood glucose are:

- Frequent urination
- Increased thirst
- Increased hunger
- Tiredness, lack of energy
- Blurred vision, difficulty seeing clearly
- Slow healing wounds or infections





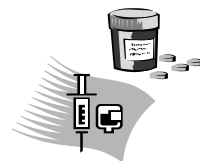
What can cause hyperglycemia?

- Not enough physical activity can lead to hyperglycemia. Regular physical activity can lower your blood glucose levels during exercise and several hours after. Do not exercise if your blood glucose is 250 mg/dL or over.



- Too much food or eating at the wrong time can result in high blood glucose levels. See a dietitian so a meal plan can be designed for you.

- Forgetting to take your diabetes medication or taking it at the wrong time can cause high blood glucose levels. Talk to your pharmacist or physician about the proper way to take your diabetes medications.



- Being sick can lead to higher blood glucose levels. Talk to your physician about a sick day plan so you can manage your diabetes when you are ill.

- Emotional upset, being worried or feeling anxious can cause higher blood glucose levels. Try to find ways to reduce stress like exercising, reading a book or using a relaxation technique like deep breathing.



What should I do if have high blood glucose?

Continue to take your diabetes medications and test your blood glucose more often. Call your physician if your blood glucose stays above 240 mg/dL **OR** is above 300 mg/dL two times in a row. Drink 6 - 8 ounces of calorie free, caffeine free liquid every hour to avoid dehydration. Check your urine for ketones, toxic substances your body produces when burning fat for energy. If you have a moderate or large amount of ketones, call your physician.

Where to learn more?

Visit our website: www.dagc.org and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.



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