

# Problems with Blood Sugar

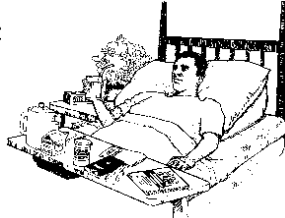
## Hyperglycemia

High blood sugar

more than  
140 mg/dL

### Causes

not enough medication  
too much food  
infection, illness  
emotional stress



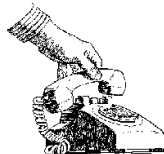
### Signs

dry mouth  
being thirsty  
urinating often  
feeling tired  
blurred vision  
losing weight  
stomach pains  
heavy breathing  
loss of appetite  
nausea, vomiting  
fatigue



### What you should do:

- \* test your blood sugar often
- \* call your doctor if blood sugar does not go down
- \* drink fluids



### How to prevent problems with your blood sugar:

- ^ Follow your food and activity plan.
- ^ Take your medication on time.
- ^ Test your blood sugar and keep a record.
- ^ Carry carbohydrate with you to treat a low blood glucose.

## Hypoglycemia

less than  
70 mg/dL

Low blood sugar

### Causes

too much medication  
not enough food  
more exercise than usual  
delayed meal

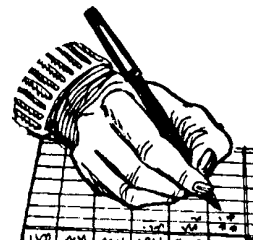
### Signs

feeling nervous,  
shaky or sweaty  
feeling tired  
headache  
confusion  
hunger  
personality change



### What you should do:

- \* test your blood sugar
- \* eat 10-15 grams of carbohydrate right away (1/2 c. juice, 1 c. milk or 3 glucose tabs)
- \* test again in 15 minutes
- \* If still below 70, eat another 10-15 grams of carbohydrate
- \* If the low occurs close to meal or snack, go ahead and eat.



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