

# HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

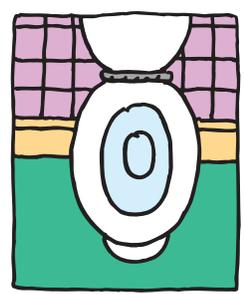
## Symptoms include:



Thirsty all the time



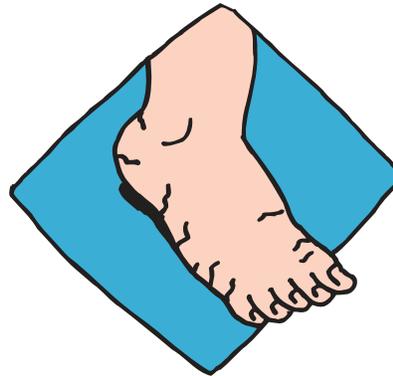
Blurry vision



Need to urinate often



Weak or tired



Dry skin



Often hungry

## What to do:



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.

