

Managing your blood sugar:

How to manage hyperglycemia and hypoglycemia

If you have type 2 diabetes, hyperglycemia (high blood sugar) or hypoglycemia (low blood sugar) can occur when you don't manage your blood sugar effectively. High blood sugar can cause many potentially serious complications such as cardiovascular disease, nerve damage, kidney failure, joint and bone problems, and increased infection risk. Low blood sugar is also potentially serious and can result in seizures and loss of consciousness. Recognizing the symptoms of hyperglycemia and hypoglycemia is important for you and your health care provider to optimally manage the disease and prevent complications.

Hyperglycemia

Typical signs and symptoms of hyperglycemia:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability
- Blurred vision
- Frequent infection

What to do if you have signs and symptoms of hyperglycemia:

1. Immediately check your blood sugar
2. Talk to your healthcare provider who will help you to find ways to avoid high blood sugar. This may include:
 - Regular blood sugar monitoring
 - Making adjustments to your meal plan
 - Physical activity
 - Adjusting your medications
3. Be sure to always carry identification with a medical alert message specifying that you are taking medication to treat diabetes

Hypoglycemia

Typical signs and symptoms of hypoglycemia:

- Nervousness or anxiety
- Shakiness
- Sweating
- Tiredness
- Confusion
- Hunger
- Fast heartbeat

What to do if you have signs and symptoms of hypoglycemia:

1. Immediately check your blood sugar. If it is 70 mg/dL or below, eat something that will raise it quickly, for example hard candy; drink half a cup fruit juice or regular soda; one tablespoon sugar, jam or honey; or three glucose tablets.
2. Check your blood sugar 15 minutes after eating, if still low, repeat step 1.
3. Carry a blood glucose meter with you at all times, and inform family and friends of your condition so that they can treat you if you are unable to treat yourself.

Source: <http://bloodsugarbasics.com/pdf/HighBloodSugarChecklist.pdf>; <http://bloodsugarbasics.com/pdf/LowBloodSugarChecklist.pdf>

<http://www.mayoclinic.org/diseases-conditions/hyperglycemia/basics/complications/con-20034795>; <http://www.mayoclinic.org/diseases-conditions/hypoglycemia/basics/complications/con-20021103>