



DIABETES CARE

High Blood Sugar

High blood sugar means having too much sugar called glucose in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar.

A normal blood sugar level is 70-100. You may have diabetes if your blood sugar level is above 126. Your fasting blood sugar level (before meals) should be below 130. Ask your doctor what blood sugar level is high risk for you and when you should call for advice or get help.

An **A1c** test measures average blood sugar over 4 - 6 weeks' time. You should have your **A1c** tested every 3 to 6 months.

You may not feel any signs of high blood sugar, but damage can happen in your body. High blood sugar over years can damage the eyes, kidneys, blood vessels, heart, nerves, and feet.

Causes

The most common reasons for high blood sugar in people with diabetes are:

- Not taking enough insulin or diabetes pills
- Missed, skipped or delayed diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy



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Signs

High blood sugar affects people in different ways. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or have vaginal infections often
- Impotence
- Skin itching
- Skin infections such as boils

Your Care

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

If you have diabetes, control high blood sugar by keeping to your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin shots and pills as prescribed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity routine.
- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.
- Keep all appointments with your health care team.

If not treated, high blood sugar can lead to coma and even death.

You don't have to do this alone!

For classes and one on one support with diabetes care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday.

www.alamedaalliance.org

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