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.