



Hypoglycemia and Hyperglycemia

If you have diabetes, or are the family member of a diabetes patient, you should be aware of the signs and symptoms of low blood sugar levels and high blood sugar levels. **Hypoglycemia** occurs when the blood sugar level in the body is very low. **Hyperglycemia** occurs when the blood sugar level in the body is high. Both low and high blood sugar levels can be dangerous. Coma or death can result if these conditions are not treated.

If you have **Hypoglycemia** (low blood sugar), you may feel:

- Cold, damp, sweaty
- Weak, fatigued
- Hungry
- Nervous, grumpy
- Shaky
- Blurry vision
- Confused
- Numbness of the lips and tongue

If low blood sugar is not treated, you could become unconscious. If you have several signs and symptoms of Hypoglycemia, check your blood sugar level right away. If you think your blood sugar level is low, drink a glass of orange juice with sugar. Drink a glass of milk if juice is not available. Then in one hour, recheck your blood sugar. If you do not have a glucometer, go to the medical service closest to you as soon as possible.

If you have **Hyperglycemia** (high blood sugar), you may feel:

- Very sleepy
- Weak, fatigued
- Thirsty
- Nauseous, with vomiting or diarrhea
- Confused

You may also have:

- Breath that smells fruity, or smells like acetone
- Warm, flushed skin and dry mouth

If you have one or more signs and symptoms of Hyperglycemia, check your blood sugar level right away with your glucometer. If you do not have a glucometer, go to the medical service closest to you. If your blood sugar is very high, you need to get medical help as soon as possible.

The best treatment for a blood sugar level that is too low or too high is to prevent it. To control the blood sugar in the normal range, you should take medicines as ordered on a regular basis. It is also important to stay on your diet as instructed. If you have questions about Hypoglycemia or Hyperglycemia, please ask your nurse or doctor.