

Too Much Blood Sugar?

or

Too Little Blood Sugar?



Too much glucose = Hyperglycemia

Too little glucose = Hypoglycemia

Why it's important to watch your glucose (blood sugar) levels

- **Hyperglycemia may be caused by¹:**
 - Your body not making enough insulin or not being able to use it properly to change glucose into energy
 - Being sick with a cold or flu
 - Eating too much
 - Exercising too little
- **Signs of hyperglycemia can take hours or even days to appear, and include³:**
 - Frequent urinating
 - Frequent thirst
 - Frequent hunger
- **Signs of hyperglycemia can be managed by¹:**
 - Checking with your doctor about how much and how often you need to take your diabetes medication
 - Eating healthy foods regularly and not overeating
 - Regularly checking your blood glucose levels

- **Too little blood sugar may lead to passing out, coma, or even death^{2,3}**
- **Hypoglycemia is most often caused by⁴:**
 - Too much insulin or other diabetes medication
 - Eating too little or not often enough
 - Drinking too many alcoholic beverages
 - Exercising too much
- **Signs of hypoglycemia come on quickly, and include⁴:**

<ul style="list-style-type: none">— Hunger— Nervousness— Perspiration— Difficulty speaking— Feeling anxious or weak— Dizziness or light-headedness	<ul style="list-style-type: none">— Sleepiness— Shakiness— Confusion
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- **People showing signs of hypoglycemia must immediately eat food high in sugar (such as fruit juice, candy, or glucose tablets)⁴**

Ask your doctor about what *you can do* to manage your blood sugar levels

This information is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

References:

1. American Diabetes Association. Hyperglycemia. Available at: <http://www.diabetes.org/type-2-diabetes/hyperglycemia.jsp>. Accessed July 26, 2007.
2. American Diabetes Association. Hypoglycemia. Available at: <http://www.diabetes.org/type-2-diabetes/hypoglycemia.jsp>. Accessed July 23, 2007.
3. American Heart Association. Hyperglycemia and Hypoglycemia. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=4593>. Accessed July 23, 2007.
4. National Diabetes Information Clearinghouse (NDIC). Hypoglycemia. Available at: <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.htm>. Accessed July 26, 2007.