

# TAKE 5

TO CARE 4 YOURSELF

## HIGH BLOOD GLUCOSE (HYPERGLYCEMIA)

There's a lot you can do to help keep yourself healthy with diabetes.



High blood glucose (blood sugar) is also called hyperglycemia, which happens when there is too much glucose in your blood. Over time, it can cause serious health problems.

### Causes

High blood glucose can happen if you:

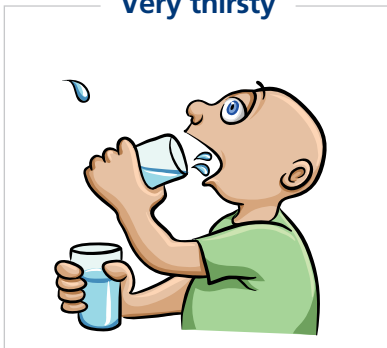
- Miss a dose of insulin or other diabetes medication
- Eat differently or more than planned
- Are less active than usual
- Are under stress or sick

High blood glucose can also happen as your diabetes changes over time.

### Signs and Symptoms

Here's what may happen when your blood glucose is high:

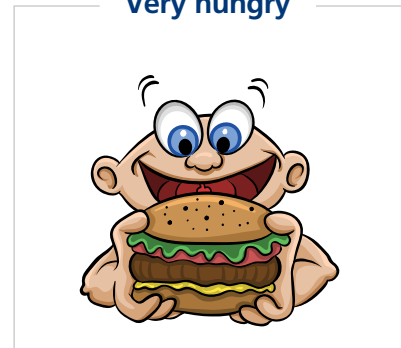
Very thirsty



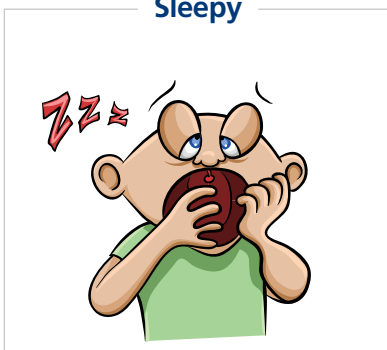
Needing to pass urine more than usual



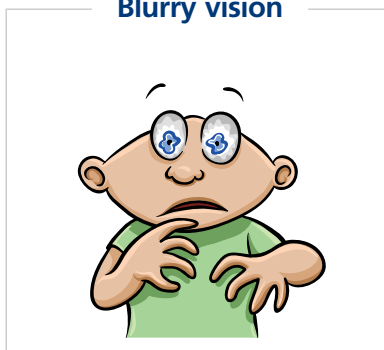
Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual



Or you may have no symptoms at all.



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## What to do about high blood glucose

The best way to avoid high blood glucose is to follow your diabetes care plan:



**FOLLOW**

Take your medicines as directed



Follow your meal plan



Follow your physical activity plan

Call your diabetes care team if your blood glucose has been higher than your goal for 3 days and you don't know why.



**CALL**

The best way to know if you have high blood glucose is to check your blood glucose regularly, as directed by your doctor.



**CHECK**

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

 Eating

 Moving

 Treating

 Staying on Track



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