



Hyperglycemia

Hyperglycemia, or high blood glucose level, occurs when the amount of sugar within the bloodstream is higher than usual. It is a common complication of diabetes and can cause serious health problems if not treated properly.

Causes

Hyperglycemia is commonly caused by insufficient insulin or diabetes medications, making diet or lifestyle changes that cause a rise in blood sugar, or eating unhealthy foods. Some medications, such as corticosteroids, can cause blood sugar levels to rise. Other situations, such as stress, illness, or injury, can also cause hyperglycemia.

Symptoms

The symptoms of hyperglycemia vary but can include frequent urination, increased thirst, dry mouth, blurred vision, fatigue, and slow-healing sores. High blood sugar levels can also lead to ketones, making the body's pH balance acidic.

Treatment

The best way to treat hyperglycemia is to work with a physician to create an individualized plan. Generally, this will include eating healthier, adjusting diabetes medications, exercising regularly, monitoring blood glucose (sugar) levels, and keeping ketones in check. Additionally, a doctor may recommend an insulin injection if ketones are present. Sometimes, hospitalization may be necessary for glucose levels to be adequately regulated.

Conclusion

Understanding the causes, symptoms, and treatment of hyperglycemia is essential to ensure the condition is managed correctly. If the condition is not treated, it could lead to serious health issues.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.