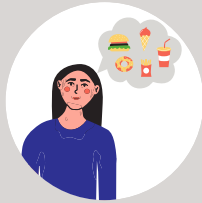


Hyperglycemia



Hunger



Blurred vision



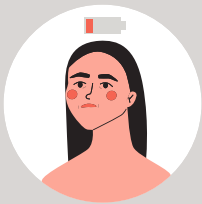
Frequent urination



Tingling



Thirsty



Fatigue



Slow healing



Nausea



Dry skin



Weight loss

Hyperglycemia is another name for high blood sugar levels. Please check with your doctor for the blood sugar range that is best for you.

Causes of Hyperglycemia

Causes of Hyperglycemia Hyperglycemia may occur for several reasons, including:

- Change or increase in food intake.
- Wrong or missed dose of insulin or diabetes tablets.
- Side-effect of some medications.
- Not enough physical activity.
- Emotional stress.
- Illness.

Prevention/Treatment

Hyperglycemia can be avoided in many cases. Remember these suggested actions to help maintain control of your blood sugar.

- **Check food intake** and look for ways to improve your eating pattern. Ask your dietitian for help.
- **Take insulin or diabetes tablets** in the prescribed doses and at the correct times. Contact your doctor if you are concerned.
- **Drink plenty of water** to prevent dehydration.
- **Try increasing your physical activity** gradually and make it a part of your lifestyle.
- **Consider ways of reducing stress** through relaxation training or stress management.
- **See your doctor** if you are ill to ensure the illness is treated as soon as possible.
- **Do not skip diabetic medications on sick days.** Contact your doctor.

 **WVU Medicine**

TRANSPLANT ALLIANCE

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