

Survival Skills....Hypoglycemia

Causes	Signs and Symptoms	Treatment
<p>Your blood sugar can drop if you:</p> <ol style="list-style-type: none"> 1. Skip or delay a meal or do not eat enough food at a meal. 2. Are more active than usual. 3. Have medicine -insulin or diabetes pill in too high a dose. 4. Drink an alcoholic beverage and do not also eat some food. 5. Take other pills that have low blood sugar as a side effect. 	<ol style="list-style-type: none"> 1. Weak or tired 2. Shaky or dizzy 3. Sudden hunger 4. Cold sweat 5. Vision changes – can't see clearly, double vision. 6. Change in personality (anxious, angry, irritated, nervous) 7. Feel faint 8. Fast heart beat 9. Headache 10. You can go into a coma if you do not treat the low blood sugar. 	<ol style="list-style-type: none"> 1. Check your Blood Sugar. 2. If your blood sugar is less than 70, eat one low-fat serving of carbohydrate. 3. Recheck blood sugar in 15 minutes. 4. If it is still less than 70, treat again with one low-fat serving of carbohydrate. 5. If it is close to mealtime, eat your meal. 6. If your blood sugar is higher than 70, do not eat any more food. Wait – your body may be getting used to new lower blood sugar levels. 7. Call your doctor if, for more than one day, your blood sugar remains less than 70 and does not get better even when you eat food. 8. If you are taking Precose or Glyset, treat your low blood sugar with glucose tablets or gel. The usual food choices (like orange juice or crackers) do not work. 9. Wear diabetes identification.
<p>How to Prevent Low Blood Sugar</p>		
<ol style="list-style-type: none"> 1. Learn the symptoms your body has when you have low blood sugar. 2. Check your blood sugar at times when you are most at risk for low blood sugar (more activity, less food). 3. Wear diabetes identification so, if needed, others can help you. 4. Eat your meals and snacks at the same times each day. Never skip a meal. 5. Balance your meals - medicine - and exercise. Plan to exercise within 1-2 hours after meals or snacks. 6. Snack at peak action time of your insulin or pills. 7. Check your blood sugar log to see what your daily numbers are. Find any times when your blood sugar falls and you can see the reason – maybe you exercised or skipped a meal. Use this information to better plan your activity and eating habits and prevent low blood sugars. 8. Have the name and number of your doctor where family and close friends can find it fast. 		

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Causes	Signs and Symptoms	Treatment
<p>Your blood sugar can go too high if you:</p> <ol style="list-style-type: none"> 1. Eat too much food (even if it is the right kind of food!) 2. Forget or skip your insulin or pills. 3. Are sick. 4. Have a lot of stress in your life. 5. Take some pills like steroids. 	<ol style="list-style-type: none"> 1. A need to urinate often (going to the bathroom often to pass water) 2. Thirsty 3. Hungry 4. Feeling tired 5. Blurred vision 6. Vomiting or upset Stomach 7. Dry mouth and lips 8. Fruity smell to breath along with heavy breathing 9. Dry, itchy skin 	<ol style="list-style-type: none"> 1. Check your Blood Sugar (and ketones if you have Type 1 Diabetes). 2. Re-check your blood sugar at least every 2-4 hours if blood sugar is higher than 240. 3. When you are sick your blood sugar rises. Your diabetes pills and insulin lower your blood sugar. Take your diabetes pills and insulin when you are sick. If you take diabetes pills, take your usual dose. If the pills won't stay down, call your doctor. 4. Check to see if you have a fever. Call your doctor if the fever is 101.5° or higher. 5. Stay on your meal plan, if possible. If you cannot use your regular meal plan, replace it with soft foods or liquids. 6. Drink at least eight ounces of liquid (no caffeine) every 30-60 minutes. Try to use your regular meal plan when you can. If you can not use your regular meal plan, replace it with some of these soft foods/liquids: <ul style="list-style-type: none"> • 4 oz. regular soft drink • 8 oz. Gatorade® • ½ twin regular popsicle • 4 oz. fruit juice • ½ cup applesauce • 6 saltine crackers • 1 slice bread or toast • ½ cup regular Jell-O® 7. If you live alone, tell your family or a friend. Ask someone to check up on you until you are better. 8. Rest. Extra sleep gives your body time to heal. 9. Wear diabetes identification. 10. Call your doctor if: <ul style="list-style-type: none"> • Your blood sugar is higher than 240 (or the number that your doctor told you to use). • For more than 24 hours you have diarrhea or cannot keep down any food or fluids.