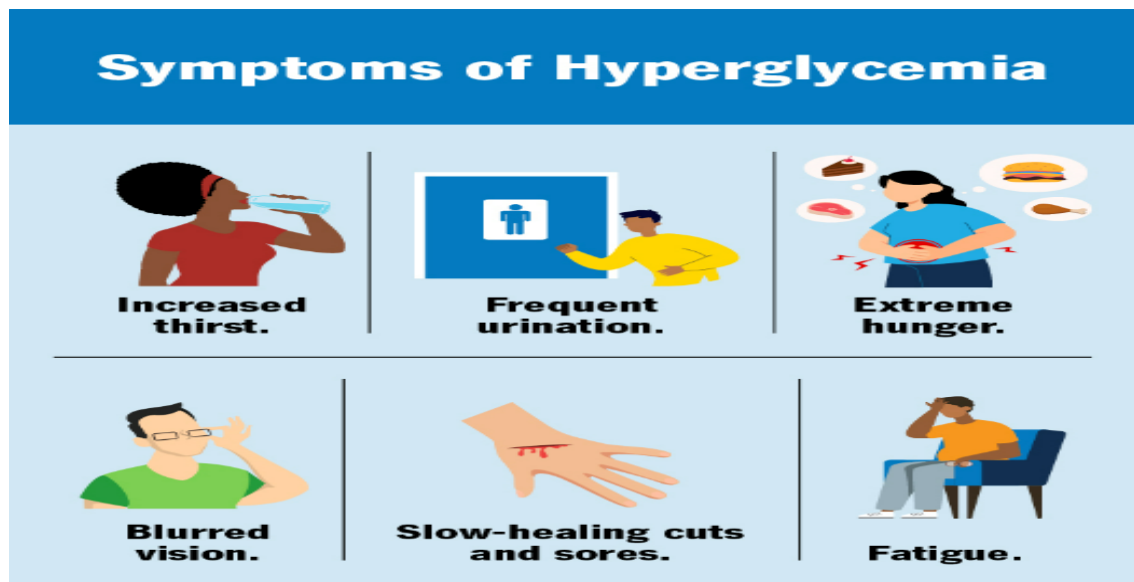


Hyperglycemia- High Blood Sugar

[Hyperglycemia](#) (high blood sugar) is a condition that occurs when the glucose levels in your blood rise too high. Hyperglycemia is commonly a symptom and complication of diabetes. Glucose can build up in the blood when the body doesn't produce enough insulin, a hormone that helps manage blood sugar by getting glucose into cells, or can't use insulin properly. Symptoms tend to come on slowly and may include frequent urination and increased thirst.



Severe Symptoms

There are also symptoms that tend to occur when someone has had hyperglycemia for a long time, or when their blood sugar is extremely elevated. These symptoms are more severe and long-lasting and can be a sign that a person needs medical care right away.

When to Call 911

Nausea, vomiting, [fruity-smelling breath](#), deep and rapid breathing, and loss of consciousness are indications that you need to seek emergency help. These symptoms can be warning signs of other diabetes-related conditions that can result in death if not treated immediately.

HYPOGLYCEMIA- low blood sugar

Hypoglycemia (low blood sugar) is a condition that occurs when the glucose level in your blood drops too low. Common symptoms of hypoglycemia include shakiness, fast heartbeat, sweating, [headache](#), and fatigue. It is usually related to having diabetes, but it can be caused by other factors and conditions, such as medications, drinking too much alcohol, critical illnesses, or hormone deficiencies. Although rare, certain tumors can cause hypoglycemia.



Severe Symptoms

When your blood sugar becomes dangerously low—less than 54 mg/dL, as defined by the American Diabetes Association (ADA), which regards this

parameter as severe or "level 2" hypoglycemia—you may have any of these symptoms as well: **CALL 911 if any of the below symptoms occur:**

- ❑ [Confusion](#)
- ❑ Behavioral changes
- ❑ Slurred speech
- ❑ Clumsy movements, as if you're intoxicated
- ❑ Blurry or double vision
- ❑ [Seizures](#)
- ❑ [Loss of consciousness](#)

How Is Hypoglycemia Treated?

Hypoglycemia can usually be [treated](#) at home by eating a small snack containing 15 carbohydrates. Check your blood sugar 15 minutes after eating the snack, and repeat if it is not above 70mg/dL.

You can also take glucose tablets instead of eating a snack.

If your hypoglycemia is severe, you may need a glucagon [injection](#). If you have diabetes, you should always keep a glucagon kit on hand in case your blood sugar becomes dangerously low. The glucagon should be injected into an arm, thigh, or buttocks. Glucagon is also available as a dry nasal spray, which is administered into a nostril.

Treatment if You Pass Out

Severe hypoglycemia can lead to loss of consciousness.¹⁴ If this happens, someone else will need to administer the glucagon injection. Make sure your friends and family members know where you keep your glucagon kit and that they understand how to administer the injection if you lose consciousness.

For more information regarding Hyper and Hypoglycemia please check out this National Institutes of Health link-
<https://www.ncbi.nlm.nih.gov/books/NBK279340/#:~:text=Hyperglycemia%20occurs%20when%20blood%20sugar,blood%2Dsugar%2Dlowering%20medication.>