## HIGH BLOOD SUGAR (hyperglycemia)

Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

## Symptoms include:







Blurry vision

Need to urinate often



Weak or tired

## What to do:





Often hungry



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



Westside Family Healthcare We treat you well.

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