

HIGH BLOOD SUGAR



WHAT IS HIGH BLOOD SUGAR?

High blood sugar means there is too much sugar in the blood and not enough insulin in the body. In other words, high blood sugar happens when there is not enough insulin to cover the amount of sugar that is in your body. High blood sugar is also called **hyperglycemia**.

Most high blood sugar happens when there is some insulin in the body, but not enough to keep sugar levels in your target range.

Warnings that your blood sugar may be high include:

- Thirst
- Dry mouth
- Needing to pee frequently
- Blurred vision

CAUSES OF HIGH BLOOD SUGAR

Sugar levels can go too high for many reasons. The main ones are:

Reason	Why
Food	If you do not take enough insulin to cover your food, blood sugar levels can get too high. This happens most when: <ul style="list-style-type: none">• You do not take enough insulin for the carbs you eat• You miss a food bolus• You do not correct for a high sugar before a meal• You did not give insulin 15-30 minutes before
Illness or infection	This can be a cold, the flu, or a stomach virus. It can be food poisoning or a bacteria in your body. It can make blood sugar levels run higher than usual.
Lower activity levels	This makes your body less sensitive to insulin. So, your sugar levels go up.

Reason	Why
Stress	Emotional or physical stress can make your blood sugar level run high.
Medications	There are over 300 medications that can affect your blood sugar. Be prepared and ask your pharmacist how a medication might affect your blood sugar.
Weak insulin	Weak insulin can make blood sugar get too high. Insulin can get weak if: <ul style="list-style-type: none">• It gets too hot.• It gets too cold.• It has expired.
Hormonal changes	Hormones change over the month of a woman's menstrual cycle. They are often higher about a week before a period. When hormones go up, blood sugars can go up.



TREATING HIGH BLOOD SUGAR

What should my goals related to high blood sugar be?

The two major goals when you have type 1 diabetes are:

1. To avoid having high blood sugar
2. To treat a high as soon as you notice it

This is because:

- Having high sugar levels over time can cause problems with diabetes. These problems can be eye, kidney, heart, and nerve damage.
- Sometimes, high blood sugar can turn into a serious problem called diabetic ketoacidosis (DKA).



How can I treat blood sugars that are high?

Most of the time, high blood sugars happen because:

- You have underestimated your food intake.
- You feel stressed.
- You are sick.
- Your activity level is lower than usual.

Never ignore a high blood sugar reading! If you are using shots or the pump, you can often correct these highs just by giving a correction bolus.

