HYPERGLYCEMIA

(HIGH BLOOD SUGAR) SOME SYMPTOMS



DRY MOUTH



EXCESSIVE THIRST



URINARY FREQUENCY



HEADACHE

The engle is wise and knows how to use his knowledge



<u>What is Hyperglycemia?</u>

Hyperglycemia is when <u>fasting</u> blood sugar is <u>at or above **11 mmol/L**</u>



<u>What to do?</u>

Check your blood glucose

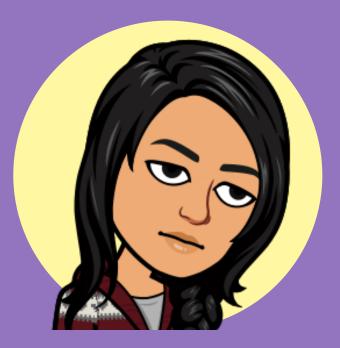
Drink more water and sugar-free fluids (such as herbals teas and traditional teas) Take your medication as prescribed by your physician

If high blood sugar is occurring often, follow up with your healthcare provider.

Questions? Ask your Diabetes Team!

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FATIGUE (TIRED/WEAK)



TROUBLE CONCENTRATING



VISION CHANGES

FUNDED BY THE MINISTRY OF HEALTH & LONG-TERM CARE, GOVERNMENT OF ONTARIO