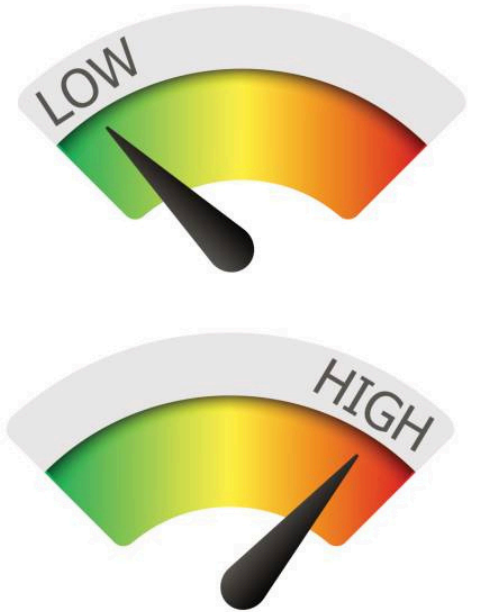


# Highs & Lows of Blood Sugar



## What is low blood sugar (hypoglycemia)?

Low blood sugar is usually  $<3.9$  mmol/L. It should be treated quickly and can cause:

- Shakiness
- Sweating
- Confusion or irritability
- Dizziness or fainting

## How do I treat low blood sugar?

- Take 15 grams of fast-acting carbohydrate (glucose tablets,  $\frac{3}{4}$  cup / 180 mL juice)
- Recheck your blood sugar in 15 minutes and repeat if still low
- Seek help immediately for severe symptoms (loss of consciousness or seizures)

## What is high blood sugar (hyperglycemia)?

High blood sugar can cause:

- Extreme thirst
- Frequent urination
- Fatigue or tiredness
- Nausea or blurred vision
- Dehydration or diabetic emergency.

## How should I respond to high blood sugar?

- For mild to moderate elevations, follow your sick-day plan
- Drink extra fluids
- Adjust medications only if advised by your healthcare team
- Contact your care team if levels remain high, or if you have vomiting or feel unwell

## How can I prevent extremes?

- Monitor blood sugar regularly
- Take medications as prescribed
- Get enough rest and try to manage your stress
- Adjust meals and activity appropriately
- Carry quick-acting carbohydrate for lows

## Recognizing patterns

- Track symptoms alongside blood sugar readings
- Note times of day when highs or lows occur
- Look for triggers like missed meals, stress, illness, or extra activity

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist