

5 - Hyperglycaemia

Hyperglycaemia means a situation of persistent or temporary high blood glucose values that must not be neglected.

Symptoms and causes



When blood glucose levels remain high for an extended period the following typical symptoms can occur: intense thirst, the need to urinate often, tiredness, headache and, in some cases, also weight loss.



Hyperglycaemia in people with diabetes can be caused by an uncontrolled diet, lack of exercise and lack of or incorrect intake of insulin or other medicines for diabetes...



... as well as concomitant illnesses (e.g. 'flu or colds), use of medicines that can increase blood glucose levels (e.g. cortisones) and surgical procedures.

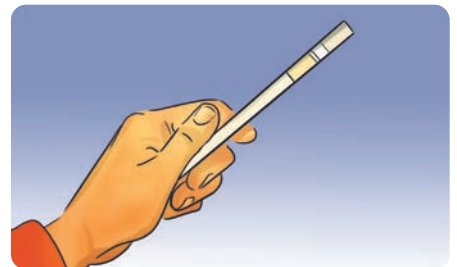
How to recognise it?



You should contact your doctor when typical symptoms appear or in the presence of situations that can cause hyperglycaemia.



When blood glucose values are constantly high (>180 mg/dL), the kidneys try to deal with the excess glucose by eliminating it in urine (glycosuria).



In cases of persistent, severe hyperglycaemia, a sample of your blood or urine will also be tested for the presence of ketone bodies. Contact your doctor if the urine or blood test for ketone bodies is positive.

How is it treated?



It is crucial to follow the instructions given during therapeutic education and by your diabetes specialist.



However, you should contact your doctor as soon as possible if your blood glucose values remain persistently high.



When blood glucose values remain above 250 mg/dL, exercise is not recommended as it increases the risk of ketone bodies forming.