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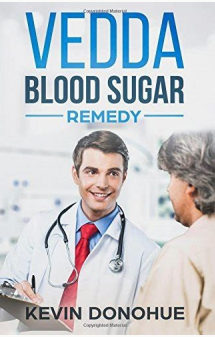
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3RD EDITION, FULLY UPDATED AND REVISED

Annette B. Natow, Ph.D.
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The most common symptoms of high blood sugar levels include fatigue, increased thirst, mice Frequent, Blurred Vision Yy This can cause minor sores to become infected, which may even lead to amputations. Over time, blood vessels, nerves, and organs are often damaged by high blood sugar.Symptoms of high blood sugarSymptoms of high blood sugar may be mild or severe. Occasional mild episodes are not usually a cause for concern and can be treated fairly easily or can return to normal on their own. Stay as active as possible "Exercising regularly can help stop the rise in your blood sugar level, but you should first check with your doctor if you are taking medicines for diabetes, as some medicines can cause hypoglycemia if you exercise too much Be very careful when you are sick "Your care team It can provide you with some "rules for sick days" that describe what you can do to keep your blood sugar level under control during an illness. It is a common problem for people with diabetes. High blood sugar is also known as hyperglycemia. Low blood sugar levels require treatment, as do high blood sugar levels. It is important to be able to recognise and treat hyperglycemia, because if left untreated, it can lead to serious health problems. Continue with your treatment plan "Remember to take your insulin or other diabetes medicines as recommended by your health care team. Target blood sugar levels are different for everyone, but in general terms: if you check yourself at home "a normal target is 4-7mmol/l before a meal and less than 8.5-9mmol/l two hours after a meal if you are tested every few months", a normal target is below 48mmol/mol (or 6.5% at the oldest scale of medicine) What causes a high level of sugar in The objective of the treatment of diabetes is to maintain blood sugar levels as close as possible of normality. You may need to change your treatment or lifestyle to maintain your blood sugar levels within a healthy range. Exercise regularly is an important part of an ongoing program to control blood sugar levels. Causes neuropatÁa diabÁ© , marked by tingling or numbness in the hands and feet. However, hyperglycaemia can be potentially dangerous if blood sugar levels become too high or remain high for long periods. High blood sugar levels can cause circulatory problems ³ slow the healing ³ due to a lack of blood sangufLOW. How ³ prevent hyperglycaemia There are simple ways to reduce your risk of severe or prolonged hyperglycaemia: be careful what you eat, be particularly aware ³ how sandwiches and sugars or carbohydrates can affect your blood sugar level. This is when the blood sugar levels increase. Symptoms of hyperglycaemia include: The symptoms of hyperglycemia may also be due to undiagnosed diabetes, so check your bedside chart if this applies to you. You may be advised to use a test device to monitor your blood sugar regularly at home, or you may have an appointment with a nurse or doctor every few months to see what your blood sugar level is. If insulin is not present in the right amounts, glucose will remain in the blood. If you are not sure what to do, contact your GP Team or AtenciÁ ³ n. It can affect people with type 1 and type 2 diabetes, as well as pregnant women with gestational diabetes. Finally, a diabetic coma is potentially fatal, possibly leading to brain damage and death. Low-water symptoms of blood sugar are the most

common word for low blood sugar. Hyperglycaemia should not be confused with hypoglycaemia, which is when a person's blood sugar level falls too low. You may have a test to verify the condition ¹. Until his blood sugar level is back under control, Beware of additional symptoms that could be a sign of a more serious condition (see more below). You can be recommended: Change your diet: For example, you can be recommended to avoid food that cause your blood sugar levels to increase, such as pastels or sugary drinks. Drink many liquids without azucar: this can help if you are dehydrated the exercise more often often euq eerc iSsamotnÂs aton is recah ©ÂuQ .otneila la odaturfa rolo nu y aces acob anu .adipjÂr acaÂdrac aicneucerf anu .sotimÂv .saesuÂAn .ogamÂtise ed rolod .raripser arap datlucifid nÂAratnemirepxe n©Âibmat sanosrep sanuglA .oenÂuignas etnerrot led animle ol euq .asoculg ramot a seralucsum salul©ÂAc sal a azreuf es .oicicreje recah lA .olreneted arap sadidem ramot y onarpmet otnemua nu ratceted adeup euq arap .asac ne levin us raborpmoc arap ovittisopsid nu ecllitu euq elriregus edeup nÂAicneta ed opiuge us Â Â ergnas al ne racÂÂza ed levin us elortnoC .evarg nÂAiccefnî anu neneit o .nÂÂzaroc la euqata nu o larberec emarred nu etnemetneicer odinet nah euq sal omoc .samrefne etnemevarg nÂtise euq sanosrep a olos etnemlareneg orep .setebaid neneit on euq sanosrep a ratcefa edeup etnemlanoisacO .setebaid ed nÂAicneta ed opiuge la o ocid©ÂAm us a etlusnoc .etnemraluger aimeculgrepih erfus iS .solucsÂAm y sonagrÂÂ sorto .orberec le ratnemila arap azilitu al .etnematcerroc asoculg al odnasu jÂtse opreuc le odnauC .etnematcerroc asoculg al razilitu a Â jÂtse on opreuc le euqrop .setebaid noc neiuqla arap redecus aÂrdop otsE .Â jÂtse Â euq ed aicnetrevda ed songis socop ad el euq ol .etnemadipjÂr rajab edeup ergnas ne racÂÂza le ,secev A .ralbah arap datlucifid y nÂAisufnoc .erbmah .soeram .saesuÂAn .agitaf .nÂAicarodus .dadilibed .omsisoivren .serolbmet .dadeisna neyulcni ergnas ne racÂÂza led adajab ed samotnÂs soL .salul©ÂAc sal ne ertne asoculg al euq ritimrep arap airasecen se saercnjÂp le rop adicudorp anilusni aL .)acit©ÂÂbaid sisodicaotec noc sadaicosa(sanotec sadamall saicnatsus ed acsub ne aniro u ergnas us ecilana euq o .etnemahcertse sjÂm ergnas ne racÂÂza ed levin us elortnoc euq radnemocer edeup el es n©ÂAibmaT olrecah omÂÂAc erbos socifAcepse sojesnoc elrad edeup nÂAicneta ed opiuge us Â Â sisod us etsuja .anilusni asu is osep redrep a aduya el is etnemralucitrap .ergnas ne racÂÂza ed levin us riunimsid odunem a edeup ranimac omoc raluger oicicreje having a blood sugar spike, you should check your blood sugar levels with one finger (if possible). When you are first diagnosed with diabetes, your diabetes care team will usually tell you what your blood sugar level is and what you should aim for to lower it. Observing Observing .strups .strups hitworg gnirudÂÂstluda gnuoy dna nerdlilic ni rucco osla nac aimesacylgrepyh fo sedosipe lanoisacO noitiacidem dioretsÂÂsa hcus .senicidem niatrec gnikat jragus doolb wol(aimesacylgropyhÂÂÂfo edosipe na gnitaert-revo esod tcerrochnî naÂÂÂgnikat ro .noitiacidem setebaid ruoy fo esod a gnissim noitardyhed ÂÂÂesicrexe fo kcal a slaenn neewteb gnikcans sa hcus .hcum oot gnitae dlocÂÂÂa sa hcus .ssenlî na sserts .gnidulcni .setebaid htiw elpoep ni level ragus doolb ni esacrcni na reggirt nac sgniht fo yteirav Â .gnisicrexe ro retaw emos gniknird yb nwod level ragus ruoy gnirb thgim uoy .ekips eht desuac sah laem etardyhobrac-hgih a fl .tniop emos ta aimesacylgrepyh ecneirepxe et ylekil er'uo'y .era uoy luferac woh rettam on .setebaid evah uoy fi tuB .hgih yrev si level ragus doolb eht litnu smotpmys on eb yam ereht .sesac emos nî .maertsdoolb eht nî sesir esoculg .pu seog ragus doolb nehW?ragusS doolB hgiH sl tahW.melborp a fo sngis eseht eciton uoy fi yletairporppa dnopter nac uoy os ragus doolb hgih fo smotpmys

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