

# Diabetes: Glucose Level Warning Signs

Help avoid a diabetic emergency by taking immediate action when noticing these warning signs that glucose levels may be dangerously high or low.

## High blood sugar (hyperglycemia)

If blood sugar level is too high, one may experience:

- Increased thirst
- Frequent urination
- Fatigue
- Nausea and vomiting
- Shortness of breath
- Stomach pain
- Fruity breath odor
- Fast heartbeat

## Low blood sugar (hypoglycemia)

If blood sugar level is too low, one may feel:

- Shaky or nervous
- Tired
- Sweaty
- Hungry
- Nauseated
- Irritable
- Confused
- Hostile or aggressive
- An irregular or racing heartbeat

*Note that sometimes a drop in blood sugar can still occur without these typical warning signs.*

If the symptoms of high or low blood sugar are experienced, blood sugar should be tested and a diabetes treatment plan should be followed based on the test results. Emergency help should be called if the person doesn't start to feel better quickly, or he or she starts to feel worse.

## Diabetic Coma

A diabetic coma is a medical emergency. If extreme high or low blood sugar symptoms are felt and the person thinks he or she might pass out, 911 or a local emergency number should be called. Always call for emergency help if someone with diabetes passes out. Be sure to let the emergency personnel know that the unconscious person has diabetes.

Contact **Independence-4-Seniors** to get a partner in home care who will make certain that a diabetic receives needed assistance in the home on a regular, daily basis to remain as healthy as possible.



Source: Mayo Clinic