High blood sugar (Hyperglycemia)

Cornerstones4Care[™]

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

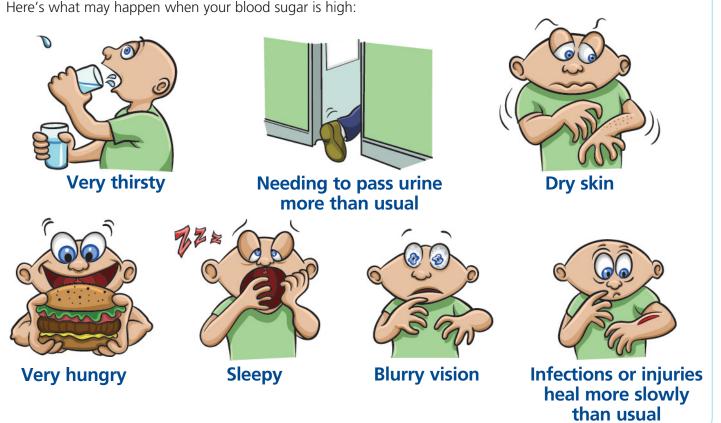
- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

Signs & Symptoms

Here's what may happen when your blood sugar is high:

What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.



For more information, visit Cornerstones4Care.com

Novo Nordisk Inc. grants permission to reproduce this piece for nonprofit educational purposes only on condition that the piece is maintained in its original format and that the copyright notice is displayed. Novo Nordisk Inc. reserves the right to revoke this permission at any time.



Cornerstones4Care[™] is a trademark of Novo Nordisk A/S.