

Know the Warning Signs of Low/High Blood Sugar

To lead a normal life, diabetes patients are advised to eat a balanced diet, exercise regularly, and if needed, take insulin medication. They also need to check their blood sugar regularly to ensure it stays in normal ranges. If done properly, they can be able to determine if their blood sugar is too high or low and avoid related complications.

Warning signs of low blood sugar (hypoglycemia)

Your blood sugar can drop to extremely low levels if you take more insulin than required, skip meals, and when you engage in long hours of physical activity.

Your body will try to alert you with the following signs & symptoms:

- Dizziness
- Sweating
- Hunger
- Headaches
- Blurred vision
- Confusion

If you experience any of these signs, you will need to take something that will quickly raise your blood sugar levels. This can be fruit or any high glycemic carbohydrate, glucose tablets, or, in some cases, an emergency glucagon injection. Only eat a regular meal after your blood sugar stabilizes.

As a rule of thumb:

1. Always keep your blood sugar in check to avoid medical emergencies.
2. Carry glucose tablets, insulin medication, and anything else suggested by your doctor any time you step out.
3. If you are living with housemates/partner/family, educate them on what to do should you need help.

Warning signs of high blood sugar (hyperglycemia)

Hyperglycemia can go unnoticed for quite a while until it reaches elevated levels. It can be caused by certain foods, lack of physical activity, other illnesses, non-diabetic medication, eating too much food, emotional stress, injury, surgery, taking expired insulin medication, and not taking enough insulin, or not taking it at the right times.

If not managed, hyperglycemia can result in serious complications to the kidney, circulatory system, and nervous system.

Here are some warning signs and symptoms that your blood sugar is too high.
In the early stages, you will experience:

- Frequent urination
- Increased thirst
- Dry Mouth
- Blurred Vision
- Fatigue
- Headache

If it goes untreated for a long time, it can cause acids in the blood which are life threatening.
Some of the warning signs and symptoms of advanced hyperglycemia are:

- Extreme thirst
- Coma
- Confusion
- Dark urine
- Drowsiness

This stage may require a medical emergency to save the patient's life.

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