



مدينة الملك فهد الطبية
King Fahad Medical City



ارتفاع السكر في الدم Hyperglycemia

The blood glucose level is considered high when it is greater than 180.



Causes of Hyperglycemia:

- 1) Missing a dose of diabetes medicine.
- 2) Expiration or damage of the medicine due to incorrect storage.
- 3) Failure to follow a diet plan.
- 4) Inactivity and lack of exercise.
- 5) Taking medicine containing cortisone.
- 6) Having a disease or infection.

Hyperglycemia Symptoms:

1. Frequent urination.
2. Increased thirst.
3. Fatigue and exhaustion.
4. Blurred vision.
5. Numbness.



6. Mood change.



7. An odor of breath is similar to acetone in the mouth.



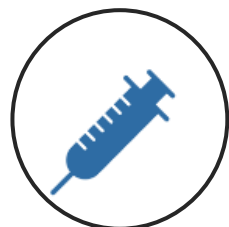
8. Weight loss.



9. Loss of consciousness when the blood glucose level is high.

What should you do if you detect that your blood glucose level is above 240 mg/dL?

- **Drink more fluids.**
- **Stay away from fatty and sugary foods.**
- **In case of insulin use, take the prescribed dose to correct the ratio as prescribed by the doctor.**
- **Recheck the sugar level and check ketones after 2 hours.**



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Diabetes Patient Education Department



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