

HYPERGLYCEMIA VS HYPOGLYCEMIA



Hyperglycemia



> 125 mg/dL fasting
> 180 mg/dL after eating a meal

Euglycemia



Fasting 70–100 mg/dL

Hypoglycemia



Blood sugar < 70 mg/dL

NOTES

Hyperglycemia

Causes



Inappropriate medication dose or possible medication adverse effect



Carbohydrate intake and insulin production imbalance



Physical stress or emotional trauma, such as a recent infection or life event



Underlying health conditions, such as Cushing syndrome or diabetes

Symptoms



Excessive thirst



Blurred vision



Hunger



Fatigue



Slow-healing wounds



Urge to urinate

Treatment

- Medication management
- Stress management
- Diet management
- Physical activity
- Administer insulin.

Hypoglycemia

Causes



Taking insulin or other diabetes medication incorrectly (timing, dosage, etc.)



Waiting too long to eat after medication or not eating enough

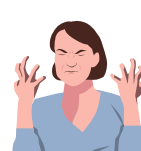


Exercise in extreme amounts at unusual times, or not monitoring blood sugar levels



Drinking alcohol

Symptoms



Irritability



Blurred vision



Hunger



Headache



Fatigue



Irregular heartbeat

Treatment

- Medication, stress and diet management
- Consume 15 to 20 g of fast-acting carbohydrates, such as glucose tablet, honey, or soda.
- Administer glucagon injection.
- Assess for possible tumor or hormonal imbalances.

