

# 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

## 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.

## Signs & Symptoms

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



**Very thirsty**



**Needing to pass urine more than usual**



**Dry skin**



**Very hungry**



**Sleepy**



**Blurry vision**



**Infections or injuries heal more slowly than usual**

For more information, visit [Cornerstones4Care.com](http://Cornerstones4Care.com)

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