



جامعة الإمام عبد الرحمن بن فيصل

IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي

King Fahad Hospital The University

# Hyperglycemia



## When is blood sugar level considered high?

1. It exceeds **126 mg / dl** after fasting at least 8 hours.
2. It is more than **180 mg / dL** in an hour or two after eating.
3. Blood sugar is considered high if the HbA1C is more than 8, and normal from **6 – 8**.



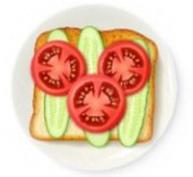
**Note:** These rates may differ from one hospital to another, so the hospital should be inquired about the rate it accredits.

## What are the causes of high blood sugar?

- Forgetting to take insulin or diabetes pills.



- Excess carbohydrate intake.



- Inflammations



- In cases of illness (cold, influenza).



- Physical inactivity.



- Nervousness, anxiety and tension



## What are the symptoms of blood sugar?

Symptoms of high blood sugar are different for everyone, so we have difficulty determining blood sugar only through symptoms.

symptoms may warn that your blood sugar is high and may be for non-severe cases and make confusion for other cases.

So, you need to take cautions when developing the symptoms that would lead to:

1. High ketones in type 1 patients.
2. Emergence of a ketone-like condition in patients with type2.



# What are the primary symptoms of high blood sugar?

- Drinking much water and feeling very thirsty.



- Headache.



- Difficulty concentrating.



- Blurred vision.



- Excessive urination.



## What are the primary symptoms of high blood sugar?

- Fatigue.

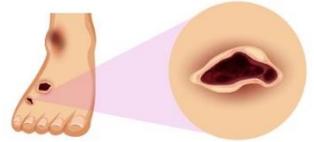


- Dryness of the skin with itching or dryness in the mouth.

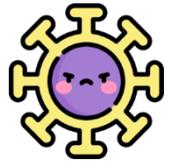


# What are the symptoms if blood sugar rises permanently?

- Delayed wound healing.



- Frequent infections (vaginal infections, ear infections, skin rashes).



- Weak eyesight.



- Nerve's problems, such as feeling hot in the leg.



- Continuous diarrhea.



## What is (HbA1c)?

Most of the centers interested in the care of diabetics carry out tests for diabetes hemoglobin, which is also called **glucose storage** or **cumulative sugar**. It is a glyceimic hemoglobin test for the average of the glyceimic blood sugar levels.

The higher the blood sugar, the more HbA1c molecules.

When the cell becomes containing blood sugar hemoglobin particles, it stays for about four months, and the growth hormone sample includes cells that are a few days, a few weeks, and a few months old. Thus, the test result is covered with an average of three months.



## **What is (HbA1c)?**

If the cumulative glucose level is always high and for long periods, it may lead to the emergence of diabetes complications faster.

## **What is the treatment for high blood sugar?**

If there is a rise in blood sugar, the reason that caused this rise must be known to prevent it and to always keep the blood sugar level at a normal level.

## What is the treatment for high blood sugar?

It is recommended that when you notice any of the symptoms of high blood sugar, do a frequent blood sugar test and write the result down before contacting the doctor.



Your doctor will ask you to do the followings:

1- Change your dietary habits. Drinking plenty of fluids relieves symptoms and prevents dehydration.



2- Change the drug dose in terms of quantity and time, according to the doctor's instructions and not by yourself.



3- Doing some sports activities





## Key Notes:

- If your sugar is type 1 and its rate is more than 240 mg / dL, check for ketones. If ketones appear, do not do any sports.
- If your sugar is type 2 and its rate is more than 300 mg / dL, do not do any physical activities.

# What are the ways of prevention from high level of blood sugar?

- Take diabetes medication as prescribed, whether it is oral diabetes pills or insulin syringes.



- Follow the meals program carefully.



- Follow up a regular program of physical exercises and sports.
- Reduce stress in your life.
- Treat any disease or inflammatory case very early.
- Perform frequent blood sugar tests and inform the doctor in case of high repeated readings.





## General Instructions:

- Simple high blood sugar for short and limited periods is not a serious matter and it happens to all diabetic patients, but when the sugar level remains high for long periods the risk of diabetes complications is possible.
- In case of severe symptoms of blood sugar, contact the treating physician or go to the hospital immediately.
- If the blood sugar level remains high for a week and you do not know the reason, this matter should be discussed with the doctor.





## General guidelines:

- Some urine tests may reflect the level of high sugar in the body, but it does not give the true value of blood sugar.
- If you have similar symptoms of high and low rates, treat it as a decrease immediately.
- Be cautious if the increase in blood sugar levels continues in one day for more than twice or at the same time for several days (for example: if the daily result analysis in fasting is 180 mg / dL).





## General guidelines:

- Ensure that you wear a card indicating that you are diabetic and have a telephone number to call in an emergency.



- It is recommended to do the A1C at least twice a year for the first type of sugar and once for the second type of sugar, and for gestational diabetes per the decision of the treating physician.



### Sources and References:

American Diabetes Association, ADA

### Review and Audit:

The content of this booklet is reviewed by  
Diabetes Unit Consultants at King Fahd University  
Hospital.

## Health Awareness Unit

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