



High Blood Sugar (Hyperglycemia)

**Too much sugar in your blood for a long period of time
can cause serious health problems.**

Symptoms:

Extreme thirst
Blurry vision
Frequent urination
Tired or weak
Dry skin
Often hungry

Preventative:

Check your blood sugar often
Stay on track with your medications
Drink plenty of water
Exercise

***If your blood sugars are higher than normal for 3 days in a row and you're
unsure why, call your doctors off and make an appointment***