

High Blood Sugar

High blood sugar means having too much sugar called glucose in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar. A normal blood sugar level is 70-100. A blood sugar level above 140 is too high. You may not feel any signs of high blood sugar but damage can be happening to your body. High blood sugar over years can damage the eyes, kidneys, blood vessels, heart, nerves and feet.

Causes

High blood sugar can happen with diabetes where your body is not making enough insulin or is not able to use insulin, as it should. High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy

The most common reasons for high blood sugar in people with diabetes are:

- Not taking enough insulin or diabetes pills
- Missed, skipped or delayed diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

高血糖

高血糖是指血液中有太多称为葡萄糖的糖份。高血糖也称为多糖症。人体细胞需要血糖。正常血糖量是 70-100。血糖量超过 140 就是偏高。你可能不觉得有任何高血糖症状，但你的身体可能正在遭受损害。长期患高血糖可能会损害眼睛、肾脏、血管、心脏、神经和脚。

原因

有糖尿病时可能会发生高血糖，此时你的身体不制造充足的胰岛素或不能正常使用胰岛素。下列原因可使高血糖更加恶化：

- 压力
- 发炎或生病
- 如类固醇的某些药物
- 妊娠

糖尿病患者患高血糖最常见的原因是：

- 不用足量的胰岛素或糖尿病药片
- 未服用、漏服或延迟服用糖尿病药物
- 吃太多食物
- 服用的食物含糖量高或含碳水化合物高

Signs

High blood sugar affects people differently. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or have vaginal infections often
- Impotence
- Skin itching
- Skin infections such as boils

Your Care

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

症状

高血糖对不同的人有不同的影响。有些人没有任何警示症状。高血糖可能是在一段时间里慢慢发生。

你可能有的一种或多种高血糖症状。家人可能比你先注意到这些症状。

- 极度口渴
- 经常小便
- 饥饿感增强
- 视力模糊
- 体重减轻或增加
- 感到疲累或困乏
- 感到忧郁或暴躁
- 伤口愈合慢
- 手足麻木
- 阴道瘙痒或经常发炎
- 阳萎
- 皮肤发痒
- 皮肤感染，如生疖子

你的护理

如有高血糖症状，请看医生。和你的医生谈一谈引起你高血糖的原因。你可能需要服药控制你的血糖，或可能需要改变饮食和锻炼方式。

If you have diabetes, control high blood sugar by following your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin and pills as directed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity or exercise routine.
- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.

If not treated, high blood sugar can lead to coma and even death.

Talk to your doctor, nurse or diabetes educator if you have any questions or concerns.

如果你有糖尿病，可通过遵守你的糖尿病治疗计划而控制高血糖：

- 遵守用餐计划。
- 按说明服用胰岛素和药片。
- 经常测试你的血糖并将结果保持记录。
- 遵守你的活动或锻炼常规。
- 如果你发现有高血糖的特点，请和你的医生联系。
- 如果你生病，请遵守生病日计划。

如不治疗，高血糖能导致昏迷甚至死亡。

如有任何疑问或关注事宜，请告知你的医生、护士或糖尿病教育人员。

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