# High blood sugar (Hyperglycemia)

## 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:
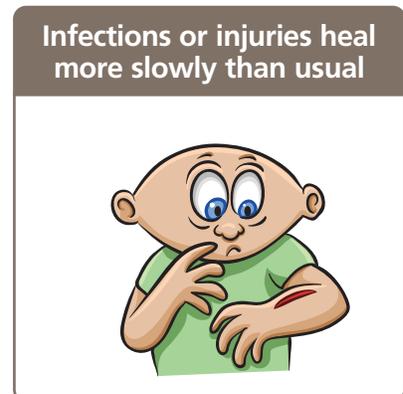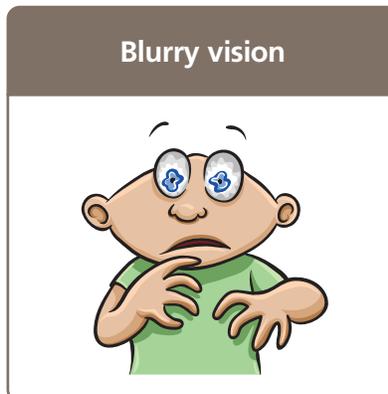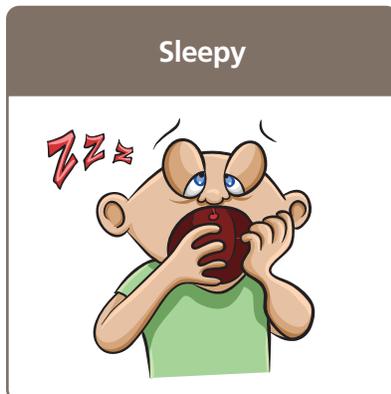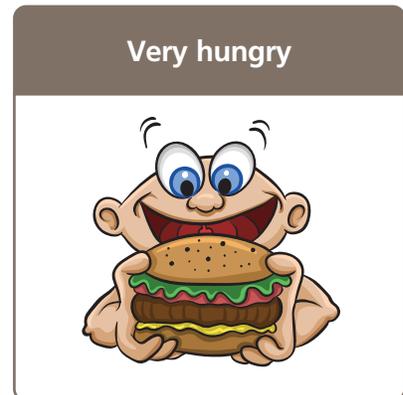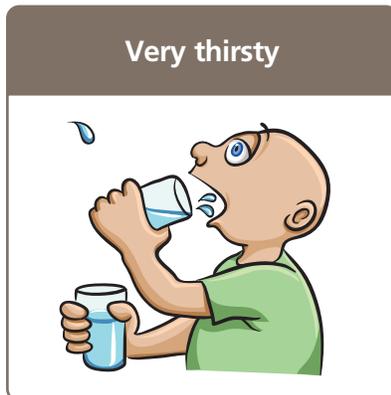
- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

High blood sugar can also happen as your diabetes changes over time.

## Signs and Symptoms

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

| Very thirsty | Needing to pass urine more than usual | Very hungry |
|---|---|---|

| Sleepy | Blurry vision | Infections or injuries heal more slowly than usual |
|---|---|---|

Or you may have no symptoms at all.

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## What to do about high blood sugar

### Follow

The best way to avoid high blood sugar is to follow your diabetes care plan:

**Take your medicines as directed**

**Follow your meal plan**

**Follow your physical activity plan**

### Call

Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.

### Check

The best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

**For more information, visit Cornerstones4Care.com**

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