

What is Blood Sugar?

Blood sugar, or glucose, is the main sugar found in your blood. It comes from the food you eat, and it is your body's main source of energy.

Having too much glucose, or too little glucose can cause serious health problems such as a heart attack, stroke, kidney disease, eye problems, and nerve damage.



High Blood Sugar (Hyperglycemia)

Blood Sugar Level: Above 240 mg/dL

Causes: Too much food, too little insulin, illness, stress

Symptoms:

- Hunger
- Blurred vision
- Nausea
- Dry skin
- Drowsiness
- Extreme thirst
- Frequent urination

If you have symptoms of hyperglycemia, check your blood sugar. After several tests, if your blood sugar is over 400 mg/dL, call your diabetes educator or medical provider.

Low Blood Sugar (Hypoglycemia)

Blood Sugar Level: Below 70 mg/dL

Causes: Too little food, too much insulin, too much physical activity

Symptoms:

- Shaking
- Rapid heartbeat
- Headache
- Sweating
- Impaired vision
- Anxious
- Dizziness
- Weakness
- Irritable
- Hunger

If you have symptoms of hypoglycemia, check your blood sugar. If your blood sugar is at or less than 70 mg/dL, take the following three steps:

1. **Immediately** drink 4 oz of juice or regular soda, 8 oz of skim milk, or eat several hard candies
2. **After 15 minutes** recheck your blood sugar levels. If they are still under 70 mg/dL, eat or drink another serving. Repeat as needed. Call your medical provider if the symptoms do not stop
3. **30 minutes after your last food or drink**, eat a sandwich and drink a glass of milk