



DIABETES AND ENDOCRINOLOGY DIGEST

QUARTER 1 • 2026

HYPERGLYCEMIA (HIGH BLOOD SUGARS)

High blood sugar, or hyperglycemia, is when your body has too little insulin to bring blood sugar levels down. Elevated sugar levels can damage your organs, including your heart, eyes, and kidneys, and increase your risk for infections and amputations.

Below are some of the signs and symptoms you may experience with high blood sugar and how to treat them.

SIGNS AND SYMPTOMS OF HIGH BLOOD SUGARS

- Dry mouth or Extreme Thirst
- Drowsiness or lethargy
- Frequent urination/ Bed-wetting
- Hunger
- Blurred vision
- Irritability
- Concentration problems

In extreme cases, you may also experience:

- Nausea
- Vomiting
- Stomach pains
- Hallucinations

Cases of extremely high blood sugars can lead to a condition called Diabetic Ketoacidosis (DKA) which can be life-threatening and often may require emergency medical assistance.

TREATING HIGH BLOOD SUGARS

1. Drink water or other hydrating fluids such as herbal tea, decaf coffee or tea, or other caffeine-free, sugar-free drinks
2. Do not skip your medications
3. Get active with walking or chair activities. Increasing your activity can help to lower blood sugar levels.

If you have Type 1 diabetes, you may need to check your urine for Ketones, which can be a sign of DKA.

LOOKING FOR A QUICK GRAB AND GO SNACK IDEA? TRY ONE OF THESE!



TEST YOUR KNOWLEDGE!

DO YOU KNOW THE ANSWERS TO THESE TRIVIA QUESTIONS?

- How many people in the United States have Diabetes?
 - 38.4 million
 - 12 million
 - 25.3 million
- If your blood sugars are not under control, what body parts can diabetes damage?
 - Your heart
 - Your kidneys
 - Your digestive system
 - Your eyes/vision
 - All of the above
- What is considered a low blood sugar?
 - 80
 - 100
 - 70
- True or False?* Being overweight causes diabetes.
- True or False?* Fruit is too high in sugar and therefore, I cannot eat fruit if I have diabetes.
- Who invented insulin?
 - Sir Frederick Banting
 - Babe Ruth
 - Ernest Hemingway
- True or False?* Sugary drinks including juices, sports drinks, lattes and sweet tea can spike blood sugar and are therefore recommended to avoid.
- Fiber is beneficial for blood sugar control. Which of the following foods have fiber?
 - Grilled chicken breast
 - Whole grain oats
 - Olive oil
- What effect does exercise usually have on blood sugar?
 - Exercise typically raises blood sugar
 - Exercise has no effect on blood sugar
 - Exercise typically lowers blood sugar
- The American Diabetes Association recommends an A1c less than ___ for most adults as it is associated with less risk and complications related to diabetes:
 - <7%
 - <9%
 - <4%

ANSWER KEY:

- | | |
|----------|---------|
| 1. A | 7. True |
| 2. E | 8. B |
| 3. C | 9. C |
| 4. False | 10. A |
| 5. False | |
| 6. A | |