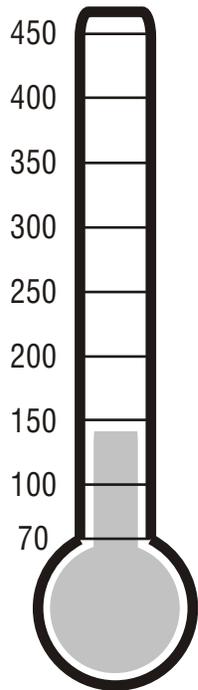


How can I stay strong even though I have diabetes?

- As much as you can, keep your blood sugar between 70 and 140.
- Staying around these numbers keeps a person strong and protects future health.

Keep your blood sugar between 70 and 140



Learn how to get your sugar down.

Do you have questions?

You can call:

- local hospital or clinic
- diabetes program

A person who has diabetes can stay strong and healthy!

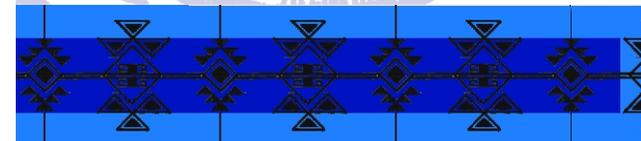
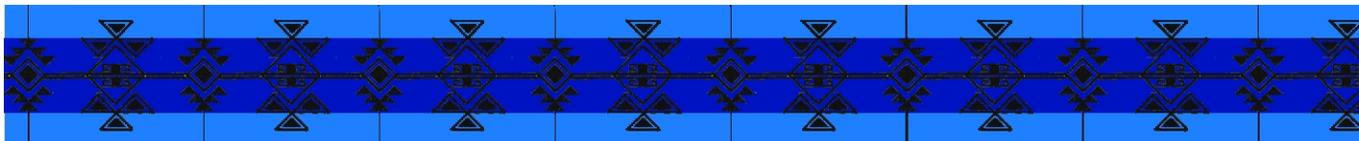


November 2005

(Diabetes) - DM-C,DP,HM,L

High Blood Sugar

What to do What to know



What is high blood sugar?

When your blood sugar is more than 200, it is high. Many people don't feel good when their sugar is high. Some people feel OK.

High blood sugar can hurt you.

It makes a person feel weak.

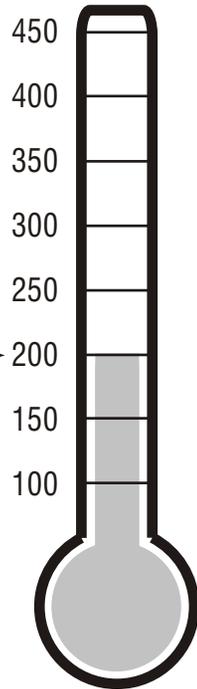
As time goes by, it can hurt the body.

It can lead to:

- kidney problems
- sex problems
- heart problems
- foot problems
- loss of teeth
- blindness

What makes blood sugar go high?

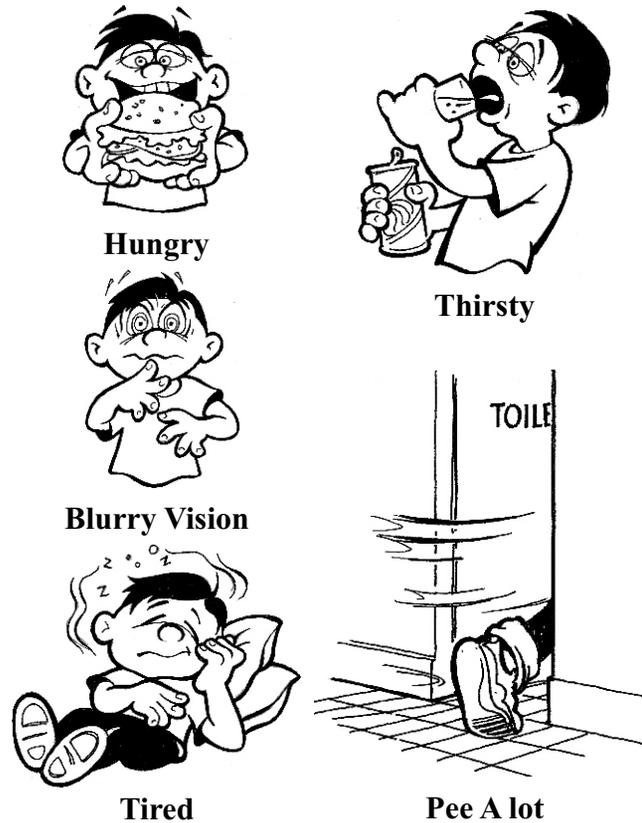
- eating too much food
- not taking diabetes medicine
- not getting exercise
- having sweet drinks or foods
- eating fried or high fat foods
- being sick or having an infection



How can I know if my sugar is high?

You can feel okay even if your sugar is high. There is only one way to know what it is for sure. Check it.

How can high blood sugar feel?



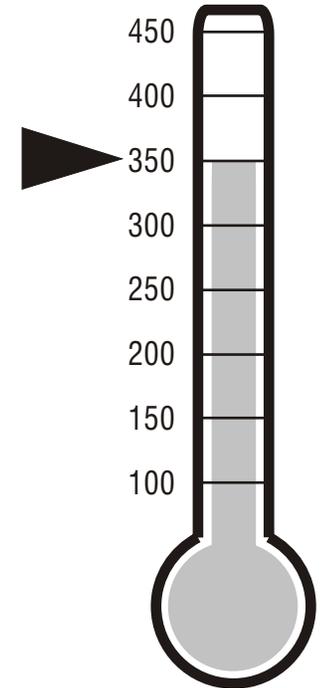
What can I do if my sugar is too high?

- Go for a walk
- Drink lots of water
- Do some physical work

If your sugar is more than 350 a few times, call your doctor or diabetes educator.



Call if your sugar is more than 350



Stay strong and healthy

Keep your blood sugar steady. When your sugar goes high, get it down.

