



# High Blood Glucose

## ◆ Hyperglycaemia ◆

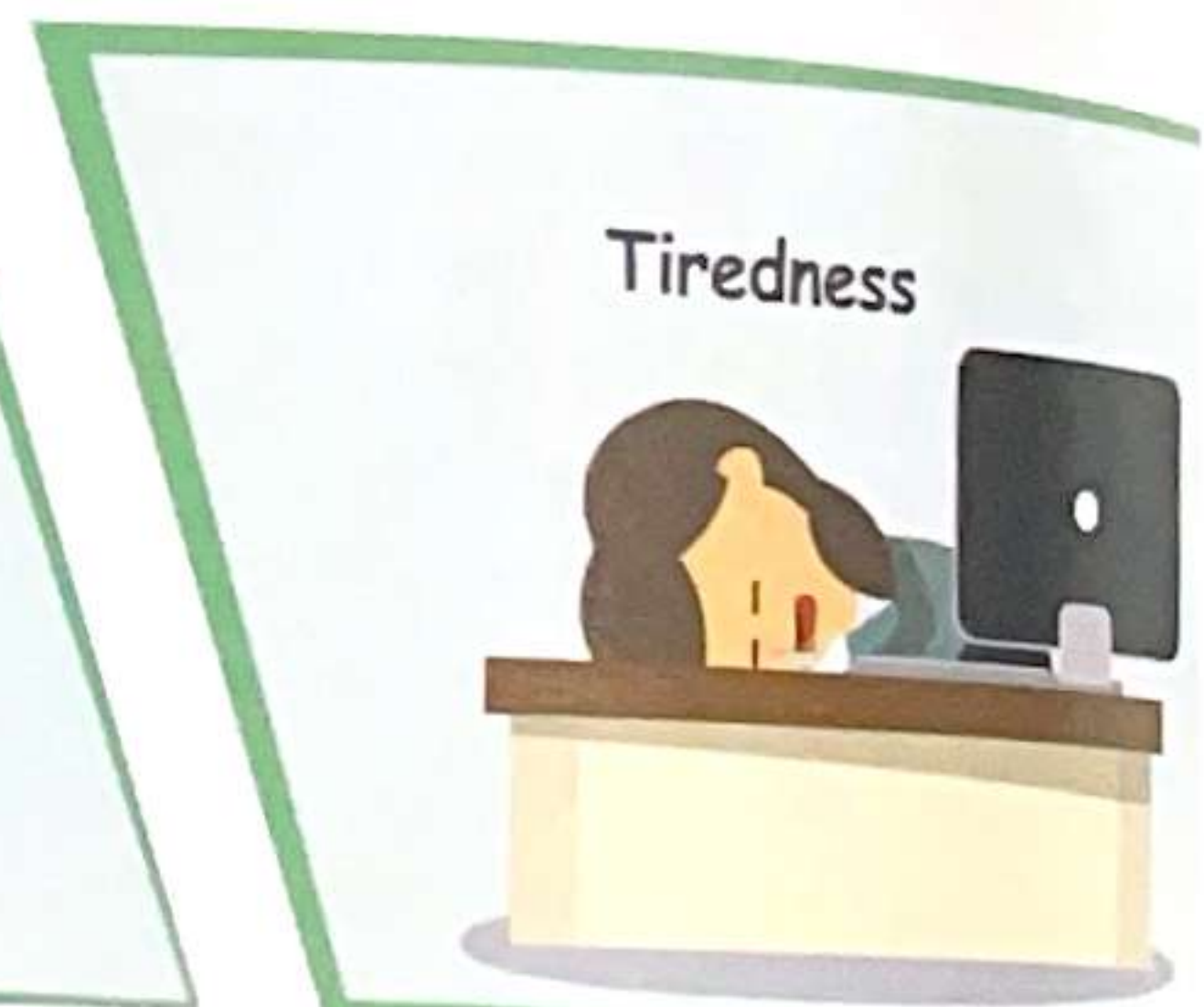
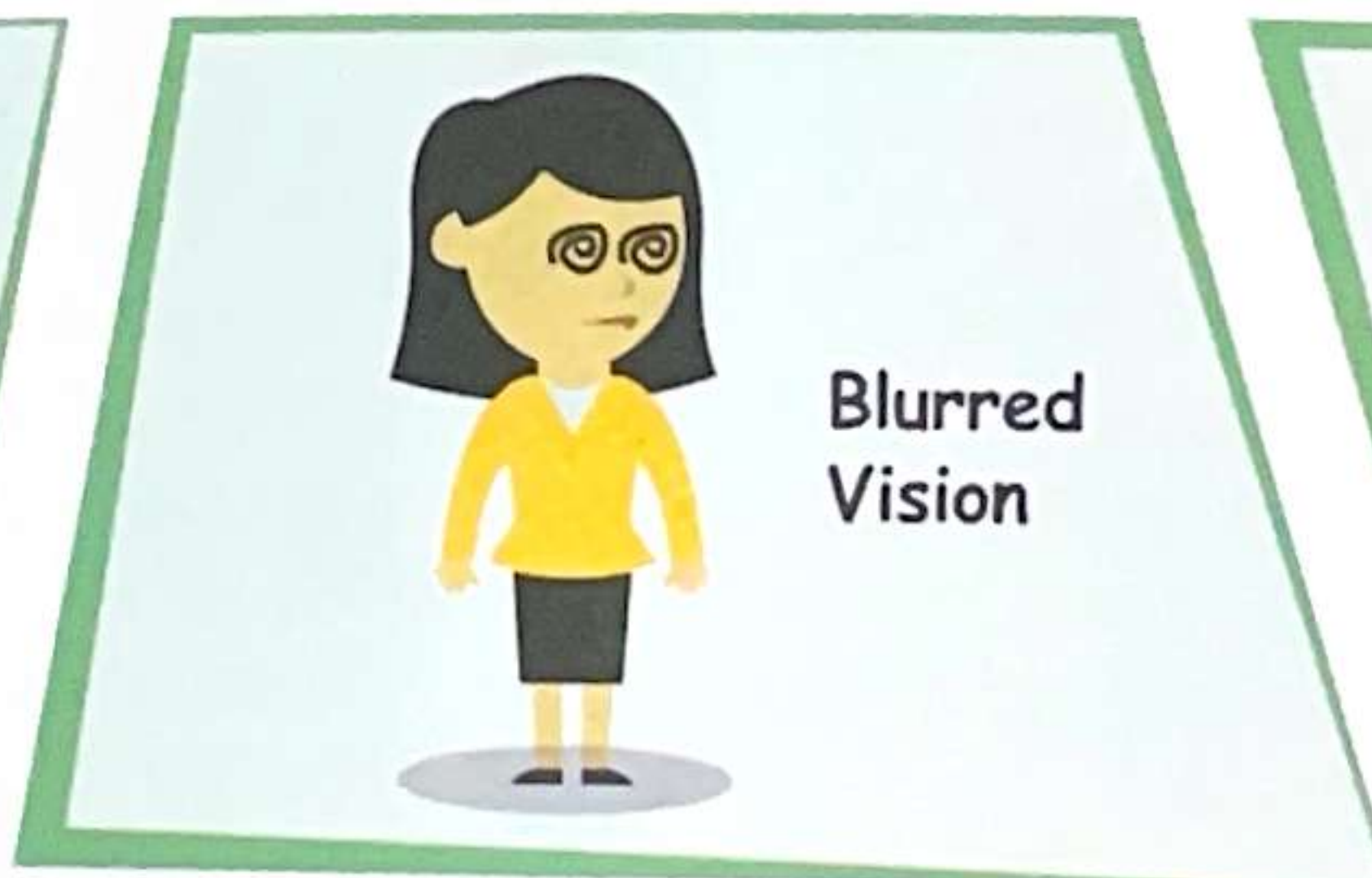
**H**yperglycaemia, or usually known as high blood sugar, is when your blood sugar level exceeds 7.0 mmol/L when fasting or if it goes higher than 11.0 mmol/L two hours after a meal.

Hyperglycaemia happens due to a loss of insulin producing cells in the pancreas and if the body develops insulin resistance. It can happen when a

person has missed his or her diabetic medication, has eaten more carbohydrates than the body or medication can manage, has stress mentally or emotionally or has an infection.

The best way to manage hyperglycaemia is to monitor and test your blood sugar levels regularly, follow your diet plan for patient with diabetes, adjust your medication according to changes in your physical activities.

### What are the Signs and Symptoms?



### Who Can Help You?



Your Diabetes Educator



Your Doctor