

BLOOD GLUCOSE 101: GLUCOSE WARNING SIGNS

SYMPTOMS OF HIGH BLOOD GLUCOSE (HBG)

Increased thirst and/or hunger	Fatigue (feeling weak or tired)
Blurred vision	Weight loss
Frequent urination (peeing)	Vaginal and skin infections
Headache	Slow-healing cuts and sores

SYMPTOMS OF DIABETIC KETOACIDOSIS*

Fast, deep breathing	Headache
Dry skin and mouth	Muscle stiffness or aches
Flushed face	Nausea and vomiting
Frequent urination or thirst that lasts for a day or more	Stomach pain
Fruity-smelling breath	Confusion/disorientation

SYMPTOMS OF LOW BLOOD GLUCOSE (LBG)

Shaking	Feeling sleepy, weak, or having no energy
Sweating, chills, clammy skin	Blurred/impaired vision
Color draining from the skin	Nausea
Nervousness or anxiety	Headaches
Irritability, impatience, or confusion	Coordination problems or clumsiness
Dizziness, lightheadedness, fast heartbeat	Nightmares or crying out during sleep
Hunger	Seizures
Tingling or numbness in the lips, tongue, or cheeks	

***Note:** Blood glucose that is too high for too long (typically with BG >250 mg/dL) is called **Diabetic Ketoacidosis**.