

Goals of Diabetes

Hyperglycaemia



The common signs of high blood glucose levels are:

- Feeling Thirsty.
- Feeling Tired.
- Difficulty Concentrating.
- Feeling Angry.
- Going to the toilet a lot.
- Headaches.

Some things that can cause high blood glucose levels are:

- Eating without giving insulin.
- Lumpy injection or pump sites.
- Growing.
- Pump failure.
- Cannula leak.
- Illness.

Other things that can cause high blood glucose levels are hormones and puberty.



You can avoid high blood glucose levels by:

- Carb counting accurately.
- Giving insulin with food.
- Checking glucose levels regularly.
- Setting sensor alarms.



If blood glucose levels are high, it's possible to give a correction dose even without eating.

You should check for ketones when your blood glucose level is above 14mmol/L.

I can treat this on my own or my parents or diabetes team can help.

