# Goals of Diabetes

## Hyperglycaemia

Personally, I can't tell if I'm going high, so it's important to check glucose levels on a regular basis.

Some of the causes of high blood glucose levels are:

- Eating without giving insulin.
- Lumpy injection or pod/pump sites.
- Growing.
- Pump not working.
- Cannula leak.

Some of the common symptoms of high glucose levels are:

- Feeling Thirsty.
- Feeling Tired.
- Loss of concentration.
- Feeling Angry.
- Going to the toilet a lot.
- Feeling Sick.

Diabetic ketoacidosis can be life threatening and it is important to check for ketones if you have high blood glucose levels. Ketones are acids that are made in the body by breaking down fat, and this happens when there's not enough insulin.

If glucose levels are above 14mmol/L, you need to do a ketone check. When ketones are above 0.6mmol/L, a correction dose is needed.

Reviewing diabetes data is important because it helps you understand blood glucose patterns and you can decide if you need more or less insulin.


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