

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

DIABETES

Stress, Illness and High Blood Sugar

When blood sugar is high, the stage is set for germs and fungi to grow.

Illness or stress can trigger high blood sugars because hormones produced to combat illness or stress can also cause your blood sugar to rise.

People who do not have diabetes can make enough extra insulin to keep their blood sugar in a normal range during times of stress and illness. People with diabetes may need to take extra diabetes medication to keep their blood sugar near normal during times of illness or

In rare cases, stress can cause blood sugars to drop low.

stress. If you haven't been given special instructions on how to manage your diabetes medications

during illness, please contact your healthcare provider for advice.

Sometimes you may need to be a detective. Here are some possible causes of high blood sugars:

- Not enough insulin or oral diabetes medication
- Eating or drinking more carbohydrate than usual
- Less activity or exercise than usual

Hearty Corn Cakes

- 1 ¼ cups flour**
- 7 TBS SLENDA® granulated sweetener**
- ¾ cup yellow cornmeal**
- 2 tsp. baking powder**
- ½ tsp. salt**
- 1 cup skim milk**
- 1 TBS. honey**
- ¼ cup canola oil**
- 2 large egg whites**

Preheat oven to 400°. Grease muffin tins with non-stick cooking spray. Combine dry ingredients. Mix milk, honey, oil and egg whites in a bowl and stir into the dry ingredients. Pour ¼ cup into each greased muffin tin. Lightly spray the tops of batter. Bake about 15-20 minutes.

Serving Size: Serves 12

Calories per serving 140, Fat 5g, Sat Fat 0g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 20g, Fiber 1g, Protein 3g, Sugars 3g,



- Illness or infection (cold, urinary tract infection, heart attack)
- Injury or surgery
- Pain
- Positive stress (wedding or vacation) or negative stress (a death in the family)
- Any change in your normal daily routine
- Certain medications
- Poor absorption of insulin at injection sites
- Insulin pump, insulin pen or meter (device issues)
- Bad insulin (outdated insulin or insulin that has been exposed to extreme temperatures)

Make sure you know the symptoms of high blood sugar.

Early Signs/Symptoms

- Increased thirst
- Increased urination
- Fatigue
- Blurred vision

Later Signs/Symptoms

- Fruity-smelling breath
- Nausea and/or vomiting
- Abdominal pain
- Rapid breathing
- Weakness
- Confusion
- Unconsciousness

Call the emergency department if you experience any of the later signs and symptoms of high blood sugar.



SYMPTOMS OF LOW BLOOD SUGAR



lifeinmittew.com

In rare incidences, stress can cause blood sugars to drop low.

When to contact your healthcare provider:

- You notice symptoms of high blood sugars
- Ongoing diarrhea or vomiting for more than 24 hours — or sooner if you're becoming dehydrated
- Fever that lasts more than 24 hours
- Blood sugar readings greater than 250 mg/dl for more than 24 hours during illness
- If you have been instructed to check urine ketones and they are present (type 1 diabetes)

Mary Beth Cyliax, RN, CCM

314-652-8175 Ext. 310

Call me anytime for questions