

What are the acute complications of diabetes?



Complications occur because of change in blood sugar level from normal rates and may affect the person's vitality and daily activities, as below:

➤ **Low blood sugar (Hypoglycemia):**

Hypoglycemia occurs when the blood sugar level reaches less than **70 mg / dl**. It is noted that patients with type 1 diabetes are more likely to be hypoglycemic due to the use of insulin.



➤ **High blood sugar (Hyperglycemia):**

Hyperglycemia occurs when the blood sugar level reaches more than **120 mg / dl** for **fasting** person, and more than **140 mg / dl** for **non-fasting** person.



What are the acute complications of diabetes?

➤ **Sugar ketoacidosis:**

keto acids result from burning of fats, due to the high blood sugar level for a significant deficiency or an increase in the body's need for insulin, and it may be a result of lack in

keeping taking insulin doses or canceling them, and it is considered one of the most serious complications of type 1 diabetics.



First: Low blood sugar

What are the causes of low blood sugar?

- Food relative lack



- Increase in insulin dose or sugar-lowering tablets



- Increase of a simple effort.



What are the symptoms of low blood sugar?

Symptoms vary, depending on how low your blood sugar is.



- ❖ In a simple decrease, the patient feels the following symptoms:



Excessive sweating

Feeling hungry



Heart palpitations

Pale color



What are the symptoms of low blood sugar?

Symptoms vary, depending on how low your blood sugar is.



- ❖ In a sever decrease, the patient feels the following symptoms:



Dizziness and lack of concentration



Fainting and cramps

How can I treat low blood sugar?

- You can measure blood sugar level.



- Eat something sweet, such as sugar or dates.



- Or take 3 sugar tablets prepared for dropping, a spoonful of honey, or half a cup of sweetened juice.

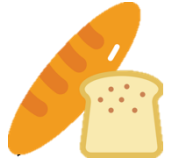


- Wait 15 minutes and recheck your blood sugar.



How can I treat low blood sugar?

- If the ratio remains less than 70 mg / dl, we recommend eating 15 grams of carbohydrates, such as a piece of bread, 6 biscuits, half a cup of fruit juice, a third of a cup of fruit yogurt, or a cup of soup.



- Repeat the process until the sugar level returns to normal.



- Monitor the condition and if it does not improve within 10-15 minutes. You should consult your doctor and inform him/her of the symptoms you feel.



How can I treat low blood sugar?

- In case unconsciousness or convulsion, people with you should place your body on the right or left side, and give you an injection of glucagon, one milligram intramuscularly.



Note:

People around you, whether at home, work or school, must learn how to treat and relieve low blood sugar.



Second: High blood sugar

What are the causes of high blood sugar?

- Excessive intake of sugars and starches.



- Taking an insufficient dose of insulin or diabetes pills.



- Tension, stress, and infections.



What are the symptoms of high blood sugar?

Dry and itchy skin



Blurred vision



Feeling thirsty



Frequent urination



Feeling sleepy



Feeling sick



Fatigue



If the blood glucose test result is less than 250 mg / dl,
follow the instructions below:

- If you forgot the dose of medicine, whether pills or insulin, you should take the specified dose immediately.



- Drink a lot of water.



- Do a strenuous exercise for half an hour.



- Recheck your blood sugar after two hours.



If your blood sugar level falls below first test level:

- Continue to drink water.



- Recheck the sugar level every 2-4 hours.



- If the blood sugar level persists, contact a doctor.



Third: Diabetic ketoacidosis

What are the symptoms of diabetic



ketoacidosis?



The breath smells like



Breathing difficulties



Difficulty in concentration



Urination



Thirst



Anorexia

Nausea and vomiting

What to do when ketones appear in urine?

If you are being treated with insulin:



- Check for ketones and if the result is **+2**, contact your doctor, and do not do any exercise.



- Regular blood sugar analysis.

If the blood sugar result at the first test is more than 250 mg / dL:

- Drink enough non-sugary fluids.
- Drink plenty of water, one glass every hour.



- Do not do any strenuous exercise.



- Repeat your blood sugar level for ketone test in your urine every four hours to see if your blood sugar level has improved or not.



If vomiting continues or the blood sugar level rises more than 250 mg / dL and the ketone test is positive in urine:

- Contact your doctor or see the nearest health center or hospital if the sugar remains high for more than two tests and if the ketone level remains high.



- If you are severely exhausted or unconscious, people around you must take you to the nearest hospital immediately.



Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
Diabetes Unit Consultants at King Fahd University
Hospital.

Health Awareness Unit

IAU-20-11



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University