

HYPERGLYCEMIA

High Blood Sugar

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.

SYMPTOMS:



EXTREME THIRST



NEED TO URINATE OFTEN



DRY SKIN



LOSS OF APPETITE



FAST HEARTBEAT



DROWSY



REDDENING OF THE FACE

WHAT CAN YOU DO?



CHECK BLOOD SUGAR



CALL YOUR HEALTHCARE PROVIDER

Call your healthcare provider if your blood sugar levels are higher than normal for 3 days and you don't know why

Reference:

<http://www.mayoclinic.org/diseases-conditions/hyperglycemia/basics/symptoms/con-20034795>. Last accessed 20th Feb 2017

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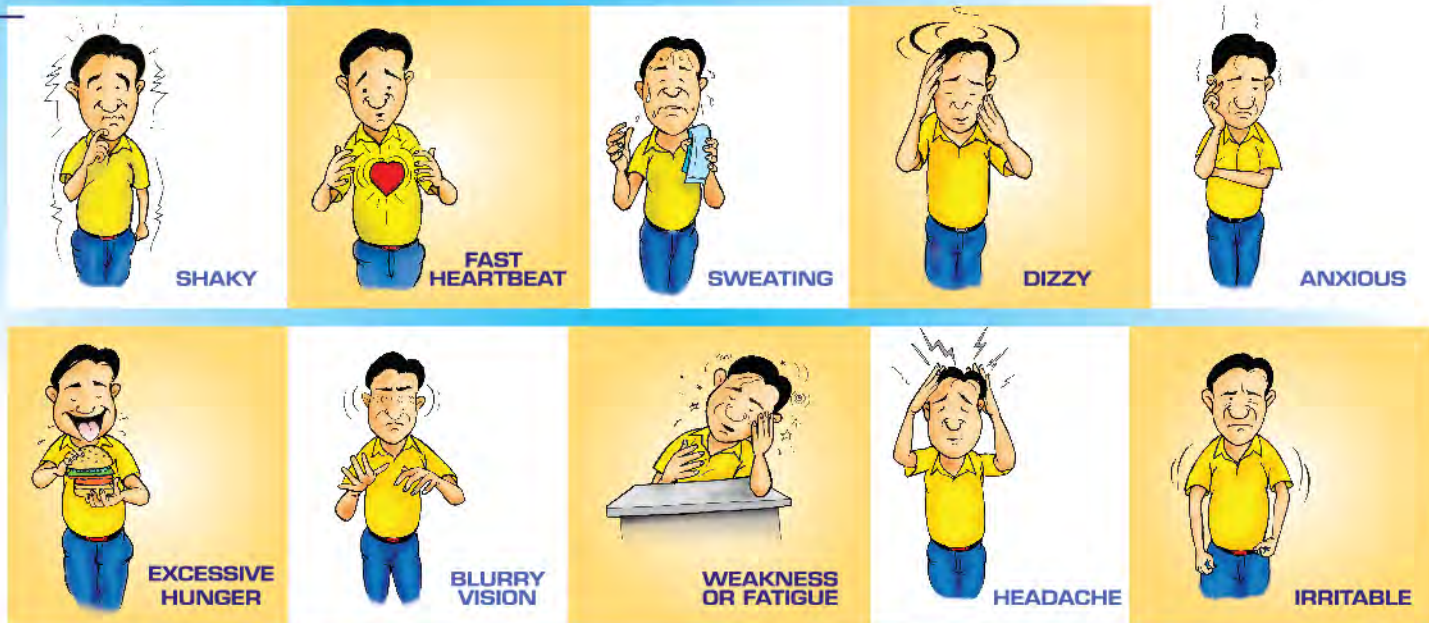
HYPOGLYCEMIA

Low Blood Sugar

Causes: Too little food or skipped meal, too much insulin or diabetes pills, more active than usual.

Onset: Often or suddenly may pass out, may cause death if not treated.

SYMPTOMS:



WHAT CAN YOU DO?



CHECK your blood sugar right away. If you can't check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4 ounces of fruit juice.

CHECK your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Reference:

<http://www.mayoclinic.org/diseases-conditions/diabetic-hypoglycemia/basics/symptoms/con-20034680>. Last accessed 20th Feb 2017

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