

## High Blood Sugar (Hyperglycaemia)

### What is high blood sugar?

High blood sugar, also known as hyperglycaemia, is a condition that happens when your blood sugar levels remain high for a period of time. If your blood sugar is 15 mmol/L or higher for more than two readings and you feel unwell, see the doctor right away because you may need immediate treatment.

### Why do I have high blood sugar?

It is due to:

- eating too much or taking high caloric foods or drinks (such as chocolates, sweets, cakes, ice cream, pastries, fast foods, sweetened drinks, etc.)
- missed taking diabetes medication or not giving enough insulin
- sickness, injury or stress

### How do I know if my blood sugar is very high?

You may experience the following signs and symptoms:

- very thirsty
- very hungry
- dry mouth and skin
- nausea and vomiting
- passing urine frequently
- fruity-smelling breath
- tired and drowsy
- loss of weight
- unconsciousness



### What should I do when I have very high blood sugar?

You can do the following:

- check and confirm your blood sugar level if you have a glucometer
- check that the medications or insulin have been taken correctly
- drink lots of water
- recheck your blood sugar again within the day, and see a doctor if you are unwell or your blood sugar levels are still high
- record your blood sugar levels, along with the foods and medications you have just taken

## **How can I prevent high blood sugar?**

- Avoid eating too much.
- Limit your intake of high caloric foods or drinks.
- Take your medications and insulin as ordered by the doctor.
- Check your blood sugar levels regularly to make sure it is under control.
- See a doctor if you are sick, stressed, or injured.

## **How can my family members, friends or colleagues help if I become unconscious?**

- Do not feed you any food or drink.
- Have you lie down on your side.
- Call 995 for ambulance immediately.

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## 高血糖 (高血糖症)

### 什么是高血糖?

高血糖，也叫高血糖症，这种情形是因为血糖长期处于高的水平。如果您的血糖是 15 毫摩尔/升(mmol/L) 或更高超过两次和感觉不适。您需要及时看医生，因为您可能需要立即治疗。

### 为什么我会有高血糖?

常见的原因:

- 摄取过多高卡路里的食物或饮料 (例如: 巧克力, 糖果, 蛋糕, 冰淇淋, 糕点, 快餐, 甜饮, 等等)
- 没有按时服用糖尿病的药物或则胰岛素的剂量不足
- 疾病, 受伤或压力

### 我怎么知道我有高血糖?

您可能会有以下的症状:

- 经常性口渴
- 时常饥饿
- 口舌及皮肤干燥
- 作呕或呕吐
- 排尿次数增加
- 呼气有水果味
- 疲劳和意识模糊
- 体重减轻
- 昏迷



## 当我有高血糖我应该怎么做？

您可以按照以下的去做：

- 如果您有血糖仪，请检查和确认您的血糖
- 查看您是否服用正确的糖尿病药物及胰岛素剂量
- 大量饮水
- 在同一天里，重新检查您的血糖，如果有不适及血糖任然保持在高的水平请及时看医生
- 记录您的血糖，还有所吃过的食物和药物

## 我要如何避免高血糖？

- 避免过量饮食
- 限制摄取高卡路里的食物或饮料
- 按时服用医生所开的药物及胰岛素
- 经常检查您的血糖，并确认血糖在控制的范围以内
- 如果您生病，受压力及受伤，请及时就医

## 如果我昏迷了，家人，朋友或同事该如何帮助？

- 不要喂您任何的食物或饮料
- 将您侧躺
- 立刻拨打救护车 995

Image source: Freepik.com

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## Gula Darah Tinggi (Hyperglisemia)

### Apa itu gula darah tinggi?

Gula darah tinggi atau hiperglisemia adalah kondisi apabila gula dalam darah, tinggi untuk satu jangka yang lama. Jika gula darah anda ialah 15mmol/L atau tinggi lebih dari dua bacaan dan anda terasa tidak sihat, sila jumpa doctor serta merta kerana anda mungkin perlu rawatan.

### Kanapa gula darah saya tinggi?

Ini mungkin kerana:

- makan terlalu banyak makanan atau makanan yang tinggi Kalori dan minuman (seperti: Coklat, gula-gula, kek, ais krim, Kueh-muih, makanan segera, minuman manis dan lain-lain)
- terlepas masa untuk makan ubat kencing manis atau tidak menyuntik insulin secukupnya
- kesakitan, kecederaan atau tekanan

### Bagaimana saya tahu jika gula darah saya sangat tinggi?

Anda mungkin akan mengalami gejala- gejala seperti di bawah:

- sangat haus
- sangat lapar
- mulut dan kulit yang kering
- mual dan muntah
- sering buang air kecil
- nafas berbau buah
- letih dan mudah mengantuk
- penurunan berat badan
- pengsan



### Apa yang perlu saya lakukan apabila saya mempunyai gula darah yang sangat tinggi?

Anda boleh melakukan perkara yang berikut:

- periksa dan sahkan paras gula darah jika anda mempunyai glukometer
- periksa bahawa ubat-ubatan atau insulin telah diambil dengan betul
- minum banyak air
- periksa darah gula anda dalam hari yang sama dan jumpa doctor kalau tidak sihat atau paras gula darah masih tinggi
- Catatkan paras gula darah anda, bersama-sama dengan makanan dan ubat-ubatan yang baru sahaja anda ambil

## **Bagaimana saya boleh mencegah glula darah tinggi?**

- Elakkan makan terlalu banyak
- Hadkan pengambilan makanan atau minuman kalori yang tinggi
- Ambil ubat dan insulin seperti yang diarahkan oleh doctor.
- Periksa paras gula dalam darah anda dengan kerap untuk memastikan ia terkawal
- Jumpa doctor jika anda sakit, tertekan, atau cedera

## **Bagaimana ahli keluarga, sahabat dan rakan sekerja dapat membantu sekiranya saya pengsan?**

- Jangan memberi anda sebarang makanan dan minuman
- Baring dan miringkan tubuh anda ke tepi
- Hubungi 995 untuk ambulans dengan segera

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