

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.

Image source: Freepik.com

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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

Image source: Freepik.com

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