

What Happens When Your Blood Sugar is Too High?

Sometimes too much of glucose may be unhealthy. **HYPERGLYCEMIA** is the medical word for high blood sugar levels above than normal levels.

If you have high blood sugar levels, you may need treatment to lower your blood sugar depending on the agreed on sugar target levels. Sometimes your insulin therapy may need to be adjusted to prevent future hyperglycemia.

What to look for?

Feeling thirsty / Peeing too much / Feeling tired
Tummy pain / Mood changes / Loss of concentration

Ketoacidosis

Someone who has high blood sugar can develop a serious problem with a serious-sounding name: **Diabetic Ketoacidosis (DKA)**. This happens if the body gets desperate for a source of fuel. The body wants to use glucose (sugar) but without insulin, glucose stays stuck in the blood and not available to the cells – so the body uses fat instead. When the body uses fat, chemicals called ketones are produced. These ketones get into a person's blood & urine (pee) and they can make a person very sick.

Symptoms of DKA

Dry skin / Belly pain / Nausea or throwing up
Fruity-smelling breath / Trouble breathing / Confusion

When DKA is suspected, you should test your blood sugar and sometimes if possible check your urine ketone levels

What causes it:

Not enough insulin / Infection or illness / Less exercise than usual
Eating or drinking too much carbohydrates / Sudden Excitement or stress

How is DKA treated?

DKA can be treated but you must go the doctor or hospital right away. To feel better, a person with DKA needs to get insulin & fluids through a tube that goes into a vein in the body.

Taking Diabetes to School

At school you should be able to join in all of your normal activities including going on school trips.

The best way to get started is for your mom or dad to meet with teachers and others at your school to talk about your diabetes management plan including your medication, testing times and possible complication that may occur.

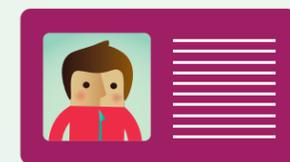
For example, your teachers will know the times when you may have to eat in class in case you are feeling hypo.

Of course, you'll need to do your part to take care of yourself at school.



Useful tips when at school:

- 1. Be prepared.** Pack your diabetes stuff, know your medication schedule, have your testing supplies, manage your meals and anything else your doctor recommends.



- 2. Make sure you have your identification necklace, bracelet or card.**

- 3. Speak up.** Sometimes while in class you'll be in a situation that's hard to interrupt (like taking a test).

When you can, let your teacher know in advance that you'll need to step out. If a new teacher or coach doesn't know about your diabetes, tell the person or have your mom or dad write a note.



- 4. Know what to do if you have a problem.**

Find out who can help you if you have a question or health emergency whether it's the school nurse, teacher or anyone else that knows about your situation. Know what's urgent and what can be managed later at home.



- 5. Keep your parents informed.**

Let parents know about any changes, problems, or issues that you noticed during the day at school. They might decide to call your doctor about it.



- 6. Arrange your meals.** Some

days you may be more active than others. Also, exam stress may affect your sugar and you may need to take more insulin. Plan you meals accordingly.



Should You Tell Other Kids?



You don't have to announce to the world you have diabetes, but you'll probably feel better if people close to you understand. You might say something simple like: "I have diabetes, which means I have to check the sugar in my blood and take medicine. If I don't do it, I'll get sick." Remember diabetes is not a big deal!



For more about the range of free diabetes information brochures, call the Accu-Chek Customer Careline:

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The Story of Diabetes Kids

Everything kids should know about diabetes

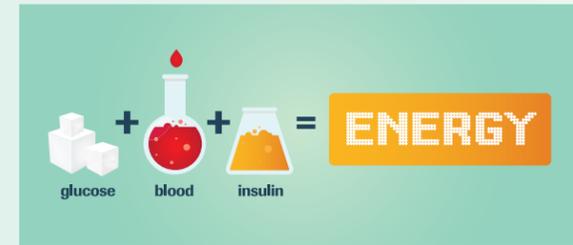


Essential advice for people with diabetes from Accu-Chek

What is Diabetes?

Diabetes is a condition that occurs when the body can't use glucose (a type of sugar) normally. Glucose is the main source of energy for the body's cells. The levels of glucose in the blood are controlled by a hormone called insulin which is made by the pancreas. Insulin helps glucose enter the cells. Lots of glucose in the blood makes people sick if they don't get treatment.

Just as an iPod needs a battery, your body needs glucose to keep running.



In diabetes, the pancreas does not make enough insulin (Type 1 Diabetes) or the body can't respond normally to the insulin that is made (Type 2 Diabetes).

In the case of type 1 diabetes, insulin through regular shots or an insulin pump will solve the problem.

No one knows for sure what causes type 1 diabetes, but scientists think it has something to do with genes. Type 1 diabetes can't be prevented. Doctors can't even tell who will get it & who won't.



How Do You Know if You Have Diabetes?

When people first have diabetes, they usually:

-  ■ Pee a lot because the body tries to get rid of the extra blood sugar by passing it out of the body in the urine (pee)
-  ■ Drink a lot to make up for all that peeing
-  ■ Eat a lot because the body is hungry for the energy it can't get from sugar
-  ■ Lose weight as the body starts to use fat & muscle for fuel because it can't use sugar normally
-  ■ Feel tired a lot because the body can't use glucose, sugar for energy

Getting treatment for diabetes can stop these symptoms from happening. A doctor can do tests on a kid's blood to find out if he or she has diabetes.

Living With Type 1 Diabetes

If you have type 1 diabetes you have to pay a little more attention to what you are eating and doing.

Even though you have to do some special things, it will not keep you from doing the stuff you love. You can still play sports, go out with your friends, and go on trips. Let your friends know that even if you don't have the perfect pancreas, you can have a perfectly normal life.



Can You Take Charge of Your Diabetes?

When you have diabetes you need to:

- Check your blood sugar levels often using a blood glucose meter.
- Give yourself insulin shots, or have someone help to give you shots, or use an insulin pump.
- Follow a healthy eating plan so you can keep blood sugar levels under control and your body grow normally.
- Exercise regularly.
- Have regular checkups with doctors.
- Take extra care of your eyes, feet & teeth.

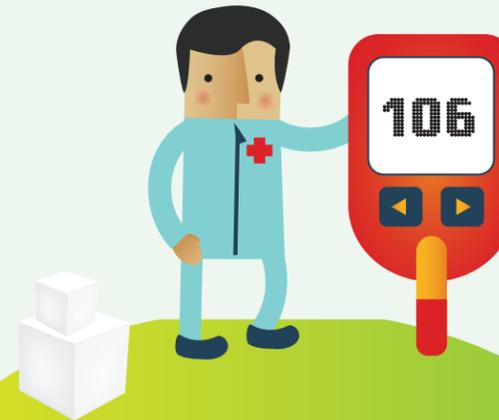
Testing Your Blood Glucose

Checking your blood sugar levels is a really important part of taking care of diabetes. **Why?** Because knowing what those levels are; will help you keep your blood sugar under control.

Your doctor will let you and your parents know when and how often you need to do your checks.

How does it work?

Blood sugar levels can be tested at home or at school using a blood glucose meter.



You need to take one drop of blood sample using a pricker called a lancing device and place the drop on a testing strip that goes into the blood glucose meter; few seconds and your blood glucose reading appears on the screen.

Your doctor will tell you the normal levels.

Tips for successful testing

1. Wash your hands and dry completely
2. Prick the side of your finger
3. Light squeeze your finger and hold your hand down below your waist for about 5 seconds

Checking blood sugar levels is kind of like poking yourself with a pin. You'll feel a pinch, but it's over quickly. The new lancing devices are much better & less painful.

What's next?

Keep a diary to keep track of your blood glucose levels. This could be done by writing them down in a special notebook or using an electronic logbook. The more information you have about your blood glucose patterns during the day, the easier it is to keep your blood sugar levels under control. And when they're under control, diabetes isn't controlling you – **you're controlling it!**



What Happens if You Have Low Blood Sugar?

Low blood sugar is called **HYPOGLYCEMIA**. It needs to be treated right away. **Why?** Because sugar is the main source of fuel for the brain, and becoming hypo is dangerous.

Things that can make low blood sugar more likely to happen:

- Skipping meals and snacks or not eating enough
- Playing or exercising hard without eating something extra.
- Getting too much insulin
- Not timing the insulin doses properly with meals, snacks, & exercise
- Taking a long bath or shower right after an insulin shot

What Do You Feel and What You Do When You Have Low Blood Sugar?

	Mild	Moderate	Severe
Symptoms	Headache, sleepy, sweaty, dizzy	Confused, weak, blurry vision, irritated.	Lose consciousness and unable to swallow any food or drinks, you may have a seizure
What to do	Take glucose drinks or food like orange juice or cube of sugar or glucose gels. Always tell a parent or adult when this happens.	You may be unable to help yourself. Another person that knows about your diabetes may need to give you glucose. You should always tell parents or adult.	You may be given a special injection called glucagon by an adult such as your parent or nurse who knows how to do this.
Follow-up action	Wait 10 minutes and re-check blood glucose & repeat above treatment. if this doesn't work	Keep checking your blood glucose until back to normal range	The doctor or ambulance may need to be contacted if the symptoms of severe hypo do not improve

 Remember, the earlier the signs are recognized the easier it is to treat. If in doubt check your blood glucose levels.