



# Hyper vs Hypo in Diabetes

## Knowing the Difference

If you've been diagnosed with diabetes, it is important to understand the difference between **hyperglycemia (high blood sugar)** and **hypoglycemia (low blood sugar)**. Because both can cause health problems for people with diabetes, it's important to keep blood sugar within a healthy range.

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## Knowing the Difference



### Hyperglycemia

**High blood sugar** can cause these symptoms:

- Extreme thirst
- Frequent urination
- Tiredness
- Blurred vision
- Nausea
- Dizziness

If these symptoms occur and you have already been diagnosed with diabetes, they could be a sign that the treatment is no longer effective enough.



### Hypoglycemia

**Low blood sugar** can cause these symptoms:

- Racing pulse
- Cold sweats
- Pale face
- Headache
- Feeling incredibly hungry
- Shivering, feeling weak in the knees
- Feeling restless, nervous or anxious
- Difficulty concentrating, confusion

If you have any of the symptoms of low blood sugar, it is important to react quickly enough and eat or drink something, like dextrose sugar or a sugary drink (no “diet” or “zero” soft drinks with artificial sweeteners!).



**If you have any of the symptoms of hyperglycemia or hypoglycemia, speak to your doctor for recommendations on how you can improve your glycemic readings through diet, exercise and possibly medication adjustments.**

Please speak to your health care provider if you think you have any symptoms of hyperglycemia or hypoglycemia.

Source: <https://www.ncbi.nlm.nih.gov/books/NBK279510/>

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