

# High blood sugar

(Hyperglycemia)

## Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

## Signs & Symptoms

Here's what may happen when your blood sugar is high:



**Very thirsty**



**Needing to pass urine more than usual**



**Very hungry**



**Sleepy**



**Blurry vision**



**Infections or injuries heal more slowly than usual**

For more information, visit [Cornerstones4Care.com](http://Cornerstones4Care.com)

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