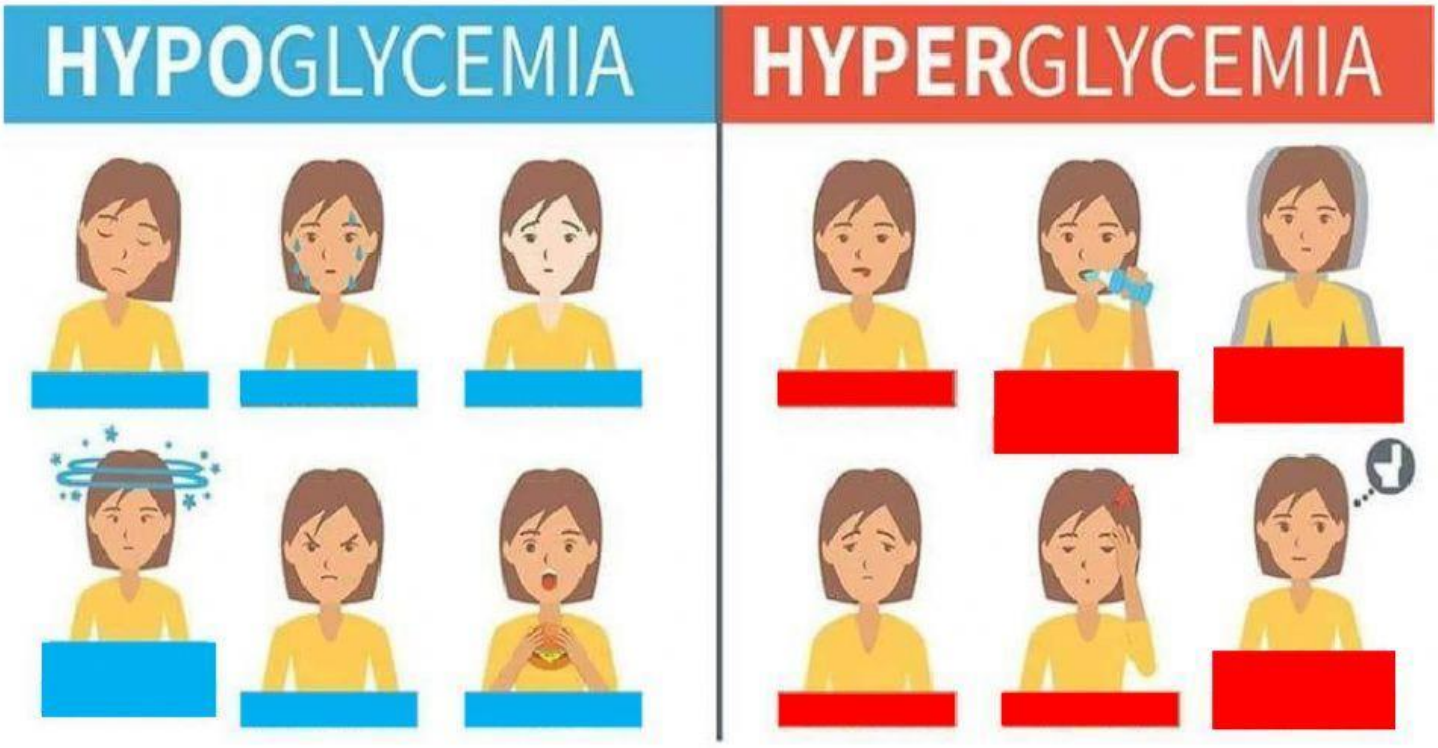
HYPERGLYCEMIA AND HYPOGLYCEMIA

Low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) can happen to just about anyone, but people with diabetes are more susceptible than most. It is important to recognize the symptoms of both issues so you can treat them properly.

1. Write the names under the pictures

Dry mouth – pallor – sleepiness – headache – increased thirst – frequent urination – lack of coordination – weakness – sweating – hunger – blurred vision – irritability



Hypoglycemia Symptoms (Low Blood Sugar)
Hypoglycemia, also called low blood glucose or low blood sugar, occurs when the level of glucose in your blood drops below normal.

Hyperglycemia Symptoms (High Blood Sugar)
Hyperglycemia is defined as having an abnormally high blood glucose. This condition is more common in Type 2, or non-insulin-dependent diabetics. It can also occur in Type 1 diabetics who consume carbohydrate-heavy foods without enough insulin afterwards.

LIVEWORKSHEETS

2. Identify 3 steps to be taken during an emergency medical care for hypoglycemia

1. Give the person a sugary snack such as a sugar lump or a sweet.
2. Leave the person and do not help.
3. If the person is conscious but is unable to eat, someone who is with them should put some honey or a sweet syrup inside their cheek and monitor them.
4. You should not give them anything to eat
5. If the person becomes unconscious, you should call an ambulance and ask for emergency medical help.

_____ _____ _____

Identify 3 steps to be taken during an emergency medical care for hyperglycemia

1. Leave the person and do not help.
2. Change the dosage of insulin.
3. Eating fewer carbohydrates and sugary foods.
4. Give the person a sugary snack such as a sugar lump or a sweet.
5. if the person has problems breathing, a very dry mouth, or a fruity smell in their breath, they should see a doctor.

_____ _____ _____

6-MATCH THE WORDS TO THEIR RELATED SENTENCES

Insulin (**A**)	**1.** Low blood glucose
Diabetes (**B**)	**2.** Feeling too weak or tired
Hypoglycaemia (**C**)	**3.**Loss of water or body fluids
Hyperglycaemia (**D**)	**4.** Frequent urination
Fatique (**E**)	**5.** Hormone produced by pancreas
Dehydration (**F**)	**6.** High blood glucose
Polyuria (**G**)	**7.** Excessive thirst
Polydipsia (**H**)	**8.** Disease in which the blood glucose levels are too high

LIVEWORKSHEETS

HOW TO PREVENT DIABETES?

Drag and drop what you should or shouldn't do to prevent diabetes

Eat healthy	Don't do exercise	Mantain a healthy weight
Be overweight	Eat junk food	Smoke tobacoo and drinks lots of alcohol
Stay active	Avoid tobacoo and limit alcohol	Do not take your medicines
Don't visit the doctor	Take your prescribed medicines	Go for regular checkup For early diagnosis

I SHOULD...	I SHOULDN'T

LIVEWORKSHEETS