

# High Blood Sugar

High blood sugar means having too much sugar called glucose in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar. A normal blood sugar level is 70-100. A blood sugar level above 140 is too high. You may not feel any signs of high blood sugar but damage can be happening to your body. High blood sugar over years can damage the eyes, kidneys, blood vessels, heart, nerves and feet.

## Causes

High blood sugar can happen with diabetes where your body is not making enough insulin or is not able to use insulin, as it should. High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy

**The most common reasons for high blood sugar in people with diabetes are:**

- Not taking enough insulin or diabetes pills
- Missed, skipped or delayed diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

# Sonkor Dhiig oo Sareysa

Sonkor dhiig oo sareysa macnaheedu waxa weeye sonkor badan oo la yidhaahdo gulukoos (glucose) ayaa ku jirta dhiigga. Waxa kale oo sonkor dhiig oo sareysa afka Ingiriisiga lagu yidhaahda “hyperglycemia.” Unugyada dhiigga ee jidhka ayaa u baahan sonkorta dhiigga. Heerka sonkor dhiig ee caadiga ahi waa 70-100. Heer sonkor dhiig oo ka sareeya 140 waa mid aad u sareeya. Waxa laga yaabaa in aanad dareemin wax ah calaamadaha sonkor dhiig oo sareysa laakiin waxa laga yaabaa in waxyeelo ay ku hayso jidhkaaga. Sonkor dhiig oo sareysa waxay sannado ka dib dhaawac u geysan kartaa indhaha, kalyaha, xididada dhiigga, wadnaha, dareemeyaasha iyo cagaha.

## Sababaha

Sonkor dhiig oo sareysa waxa uu wehelin karaa sonkorta/sonkorowga oo ah marka jidhkaagu aanuu sameynin insulin ku filan ama aanuu awoodin in uu insulin u isticmaalo sida la rabo. Sonkor dhiig oo sareysa waa uu sii xumaan karaa sababta oo ah:

- Giigsanaan ama walwal
- Caabuqid ama cudur
- Dawooyinka qaarkood sida istariyoodh (steroids)
- Ur

## Sababaha ugu caamsan ee dadka qaba sonkor/sonkorow u keena sonkor dhiig oo sareysa waxa weeye:

- Adiga oo aan qaadan insulin kugu filan ama kiniinka sonkorta/sonkorowga
- Dawo sonkor/sonkorow oo la gafay, laga booday ama la daahiyay
- Cunto aad u badan oo la cuno
- Cuntooyinka ay ku badan tahay sonkor ama karboohaydrayt oo la cuno

## **Signs**

High blood sugar affects people differently. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or have vaginal infections often
- Impotence
- Skin itching
- Skin infections such as boils

## **Your Care**

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

## **Calaamadaha**

Sonkorta dhiig oo sareysa waxay dadka u saameysaa siyaabo kala duwan. Dadka qaarkii ma laha calaamado digniin ah. Waxa laga yaabaa in sonkorta dhiigga ee sareysa ay si tartiib ah mudo dheer ku timaado.

Waxa laga yaabaa in aad leedahay mid ama in ka badan oo ah calaamadaha sonkor dhiig oo sareysa. Waxa laga yaabaa in xubnaha qoysku ay dareemaan calaamadaha ka hor inta aanad adigu dareemin.

- Haraad daran
- Adiga oo marrar badan kaaja
- Gaajada oo kugu badata
- Aragga oo isku darsama
- Miisaan lumid ama miisaan korodh
- Dareen daal ah ama hurdo-hurdo
- Dareen cadho ah ama dabeecad-xumi
- Nabarada oo aan hore u bogsan
- Kabuubyo ah cagaha ama gacmaha
- Cuncun hoosta haweenka ah ama cuduro hoosta haweenka ah oo marrar badan ah
- Kacsi la'aan lab
- Cuncun maqaarka ah
- Cuduro maqaarka ah sida finan biyo leh

## **Daryeelkaaga**

U tag dhakhtarkaaga haddii aad leedahay calaamadaha sonkor dhiig oo sareysa. Kala hadal dhakhtarkaaga sababta keentay sonkorta dhiiggaaga oo sareysa. Waxa laga yaabaa in aad u baahan tahay in aad qaadatid dawo lagu xukumayo sonkorta dhiiggaaga, ama waxa laga yaabaa in aad u baahan tahay in la beddelo sida aad cunto u cuntid ee aad jimicsi u sameysid.

If you have diabetes, control high blood sugar by following your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin and pills as directed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity or exercise routine.
- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.

If not treated, high blood sugar can lead to coma and even death.

**Talk to your doctor, nurse or diabetes educator if you have any questions or concerns.**

Haddii aad qabtid sonkor/sonkorow, xakamee sonkorta dhiiggaaga ee sareysa adiga oo raacaya qorshe daweyn sonkor/sonkorow:

- Raac qorshahaaga cuntada.
- U qaado insulintaada iyo kininiinkaaga sida lagu faray.
- Baadh sonkorta dhiiggaaga marrar badan oo natiijooyinka ku kaydi diiwaan.
- Raac jadwalkaaga firfircoonida ama jimicsiga.
- La xidhiidh dhakhtarkaaga haddii aad isku aragtid saansaan ah sonkor dhiig oo sareysa.
- Raac qorshahaaga maalinta aad jiran tahay haddii aad jirato.

Haddii aan la daweyn, sonkorta dhiig ee sareysa waxay keeni kartaa kooma (coma) iyo xiitaa geeri.

**La hadal dhakhtarkaaga, kalkaalisada ama barahaaga sonkorta/sonkorowga haddii aad qabtid su'aalo ama walaac.**

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