



Editor Note on Hyperglycemia

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Introduction

Diabetes It occurs when blood glucose levels increases in your blood and you don't have enough insulin in your system. Insulin is a hormone which absorbs glucose for the use of energy. Increased or high glucose levels are a sign of diabetes. The symptoms of hyperglycemia are nausea, vomiting, abdominal pain, shortness of breath, frequent urination, weakness. Early symptoms are blurred vision, increased thirst and high blood levels. This generally occurs when your body doesn't utilize your natural insulin effectively. Physical and emotional stress is also a cause for hyperglycemia. Type 1 and type 2 diabetes people can manage or overcome the hyperglycemia by talking healthy diet, being active and managing stress. In type 2 diabetes people insulin plays a major role in controlling hyperglycemia, whereas in type2 diabetes people, they may need oral medications and in time insulin to manage hyperglycemia. Blood sugar levels that are too high for an extended period of time may cause severe health problems. It's something to be aware of whether or not you have diabetes. Is there such a thing as too

high? Your doctor will tell you what your target range should be and what you should do if your levels fall outside of it. If you have diabetes, you'll need to monitor your blood sugar, also known as glucose, to see if it's too high, too low, or within your target range. High blood sugar levels can lead to a variety of issues over time. It's best if you can get your levels back in line as soon as possible. The dawn phenomenon is a common cause of hyperglycemia in diabetics. Certain hormones, such as epinephrine, glucagon, and cortisol, cause the liver to release glucose into the bloodstream in the early morning. This phenomenon usually happens 8 to 10 hours after a diabetic goes to bed. The dawn phenomenon, however, is not the cause of all high blood sugar levels in the morning. They can also happen if you eat sugary or high-carbohydrate snacks before bed, if you take the wrong prescription dose, or if you don't take enough insulin. Getting up in the middle of the night and testing your blood sugar will help you figure out if these spikes are due to the dawn phenomenon or something else.

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