**MANAGING YOUR BLOOD SUGAR**

High blood sugar can lead to serious health problems if left untreated, as it can lead to diabetes or be a sign that you already have it. Symptoms include:

* increased thirst
* peeing more frequently
* blurred vision
* unintentional weight loss
* recurrent infections, such as thrush, skin infections or cystitis
* cuts or wounds that heal slowly
* breath that smells fruity.

As the symptoms could be caused by undiagnosed diabetes it’s wise to see your GP and have a test. You may be advised to use a testing device to monitor your blood sugar levels regularly at home, and you may be given an appointment every few months with a nurse or a doctor for monitoring purposes.

A number of things can increase your blood sugar level:

* stress
* an illness such as a cold
* eating too much, snacking between meals
* lack of exercise
* missing a dose of your diabetes medicine or taking an incorrect dose
* overtreating an episode of low blood sugar.

You can also help to lower it yourself by eating healthily, especially keeping sugar, fat and salt to a minimum, and by losing weight and staying active. Your GP or practice nurse will advise and support you.

*Sent by Drs Virmani and Bedi’s patient participation group*