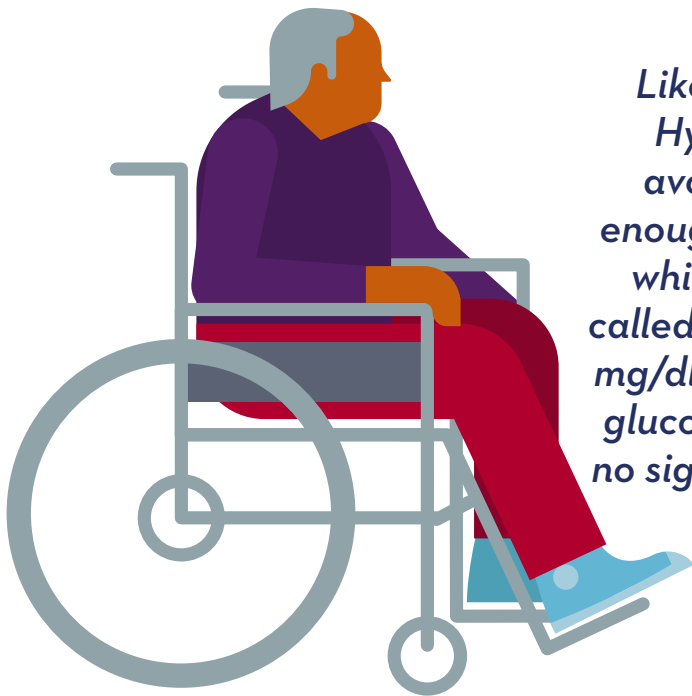


# HYPERGLYCEMIC *Hyperosmolar Syndrome (HHS)*



*Like Diabetic Ketoacidosis (DKA), Hyperglycemic Hyperosmolar Syndrome (HHS) is a deadly and avoidable complication that is due to not having enough insulin for the present condition. Unlike DKA, which can be diagnosed when blood glucose (also called blood sugar) values are in the range of 250-300 mg/dl over a few hours, HHS is diagnosed when blood glucose is over 600 mg/dl and there is just a trace or no sign of ketones. This usually takes days rather than hours to occur. **Prevention is the key!***

## RISK FACTORS

- You are older than 65 years, but it may also occur in younger persons.
- You have another chronic condition such as kidney disease or congestive heart failure.
- You take medications that can increase blood glucose levels such as steroids, diuretics (water pills)

## SYMPTOMS

- Very high blood glucose levels, usually over 600 mg/dl (“HI” on most meters)
- Very thirsty
- Dry mouth

- Frequent urination
- Very tired
- Often confused or disoriented
- Fever

## PREVENTION

- Always take your diabetes medications. If you are unable to eat, call your healthcare provider for recommendations on what you should do.
- When you are sick, you should check your blood glucose level four times a day or even more often.
- When your blood glucose level remains over 300-400 mg/dl for more than a few hours, call your healthcare

provider for instructions on what to do.

- Drink beverages that are calorie-free.
- Call if your health care provider if you are not feeling “right.”

## TREATMENT

**CALL** your health care provider if the above symptoms occur and blood glucose levels remain high. If your blood glucose levels are very high and you cannot get them into target range, go to the hospital emergency room for treatment.