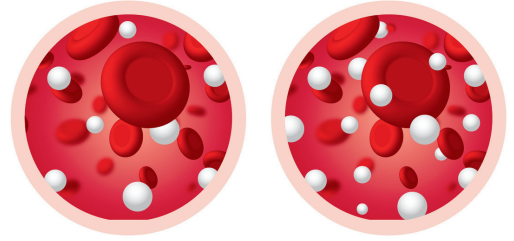


KETONES

When you have diabetes and have ketones in your blood, your blood sugar is too high. You are either not making any insulin or not enough to bring down your blood sugars to a safe level.



When you have ketone, you may likely be entering ketoacidosis which is much different than ketosis which is experienced when someone follows a ketogenic diet. Ketoacidosis is a serious illness that needs to be treated at the hospital by medical professionals due to serious consequences including death.

SYMPTOMS:

- increased thirst
- blurry vision
- frequent urination
- weak and tired
- difficulty breathing
- increased hunger

AT HOME URINE TEST

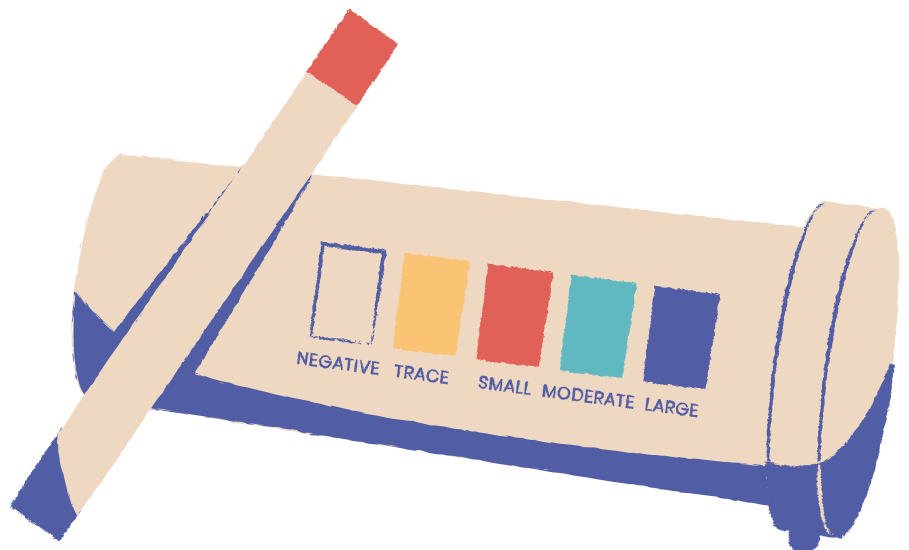
Check for ketones if you have any of these symptoms, and recheck at least every four hours if you are:

- vomiting, diarrhea, or unable to eat
- have a blood sugar of 240mg/dL or higher twice in a row

SYMPTOMS:

Call your doctor right away if you have ketones and you cannot lower your blood sugar.

DO NOT WAIT!



KETOACIDOSIS (DKA)

- Typically, in type 1 but can present in type 2 diabetes
- Blood sugar >250mg/dL
- Fruity breath
- Ketones in urine
- Rapid breathing
- Develops quickly (hours to 1-2 days)
- Nausea, vomiting, abdominal pain

HYPEROSMOLAR SYNDROME (HHS)

- Type 2 Diabetes
- Blood sugar >600mg/dL
- No fruit breath
- No Ketones
- Shallow Breathing
- Develops slowly (days to weeks)
- Severely altered level of consciousness
- PROFOUND Dehydration



*If you are experiencing any of these symptoms, go to nearest emergency room or call 911. This can be life threatening!

DKA/HHS TREATMENT & COMPLICATIONS

DKA/HHS: TREATMENT

You will need intravenous (IV) medications including:

- Fluids for hydration
- Electrolytes to balance the minerals
- Insulin to control your blood sugars

DKA: COMPLICATIONS

Causes of death, if left untreated:

- Cerebral Edema (swelling of brain)
- Low Potassium, Low Blood Sugar
- ARDS (Adult Respiratory Distress Syndrome)
- Infections or Sepsis
- Blood Clots

HHS: COMPLICATIONS

Left untreated, it can lead to:

- Seizures
- Coma
- Cerebral Edema (swelling of brain)
- Organ Failure
- Death