

**Illness, Hypoglycaemia & Ketoacidosis**



**Illness**

**What to do if you are ill**

Unfortunately, being a diabetic does not stop you from getting other things!

It is therefore important to know what to do if you are ill or have an infection

When you are ill, your diabetes can go out of control. The body's defence mechanism puts more glucose into the bloodstream when fighting illness or infection. This prevents the insulin from working properly. In a normal person's body more insulin would be produced to compensate. So, as a result of your illness or infection your blood sugar levels are likely to rise.

In some cases if your diabetes goes completely out of control you may need hospital treatment to stabilise your levels.

Managing your diet and insulin when ill, therefore becomes even more important and unfortunately, it comes right at a time when you really don't feel like the extra effort. But, to safeguard your health you must make every effort to try and don't be afraid to seek help if you are struggling alone.

In Type 1 Diabetes hospital treatment is usually required in cases of Ketoacidosis or Diabetic coma.

In Type 2 Diabetes, ketoacidosis is rare, but severe dehydration and very high blood sugar levels can also mean hospital treatment is necessary.

If you have Type 1 Diabetes it is important to check for Ketones in your urine, if your sugar level rises above 15 mmol/l. Ketones are especially likely if you are vomiting. They are poisons in the blood and you must seek immediate medical attention should you detect their presence on testing yourself. There is more about ketoacidosis below.

### **Be prepared**

Take some precautions against becoming ill in order that you are well prepared. Ensure you have a good supply of blood or urine testing strips, which are available on prescription, at all times, so that you can monitor your levels closely when unwell. If you have Type 1 diabetes make sure that you also have a supply of ketone testing strips, which are also available on prescription.

When you are ill, ensure you have the telephone numbers of your GP and diabetes specialist nurse handy, so that either you or someone helping to look after you can phone them in an emergency.

Keep some sugary drinks handy if you are struggling to eat, as you will need to maintain your carbohydrates even if you have lost your appetite.

It can be difficult, so if possible, make sure someone is there to assist you or at least tell someone else that you are unwell, so that they know to keep in contact.

If you catch a cold, flu or any other illness, or infection you should take plenty of rest, drink plenty of sugar-free fluids (a quick guide is to drink roughly three litres per day, which is five pints) and contact your GP to see if antibiotics are necessary. If you are vomiting contact your GP or diabetes clinic immediately, as they may need to give you an injection to stop the vomiting or suggest another alternative solution.

### **Never stop taking your medication**

You **must** keep taking your insulin or tablets even if you are not eating, as your blood sugar levels will be rising and will need to be controlled. You may need to increase your dosage and you should take more tests of your blood glucose levels than normal to ensure you remain in control, or at least to have an early indication that you need assistance. Make sure you record the test results, as they will be helpful to any medical professional who helps you should the need arise.

## **Liquid Foods**

If you cannot eat and need to substitute your solid foods with liquid foods the following amounts are equivalent to one slice of bread, one egg sized potato or one cup of cereal:

<b>Food</b>	<b>Amount</b>
Glucose tablets	3 tablets
Sugar	2 teaspoons
Fruit juice (unsweetened)	1/2 glass (100ml)
Lucozade	1/4 glass (50ml)
Lemonade or Cola (Not diet)	1/2 glass (100ml)
Ordinary jelly (made up)	4 tablespoons
Yoghurt (Fruit flavoured)	1 carton diet or 1/2 carton ordinary
Ice cream	1 scoop or brickette
Soup (tinned)	1 cup (150ml)

To recap - if your blood sugar levels are uncontrollable or you cannot keep your food down, contact your Doctor or Diabetes Specialist Nurse immediately.

## **Frequent testing**

You may wish to continue testing yourself more frequently even when you are feeling better so as to keep a good eye on your levels. I personally test myself 6 to 8 times a day every day, as I prefer to know whether I need food or exercise, rather than blindly guessing and then trying to correct afterwards. It allows me to have greater control of my sugar levels to know what course of action is required and when. Perhaps you might decide to test yourself more regularly all the time - it certainly helps.

## **Extra cautions for children who are ill**

Although the above advice stands, when children are ill their blood sugar levels can become low, so make sure you have lucozade, glucose tablets and Hypostop ready if you are treating or looking after a sick diabetic child.

Children can become acutely ill quicker than adults and it is therefore vitally important to seek immediate medical assistance should you be having problems containing their illness or controlling their levels.

Remember also that children under 12 years of age should not be given aspirin, or medicines containing aspirin.

Diabetes UK produce leaflets containing advice for parents of children with Diabetes - covering all aspects of care, including coping with school.

## **Ketoacidosis**

High blood glucose levels can lead to the formation of Ketones (poisonous chemicals) in the blood. Untreated, these chemicals become progressively more acidic - hence the term 'ketoacidosis' Ketones can lead to 'ketosis' or diabetic coma and it is therefore important to be aware that they may be present in your system from time to time and what to do about it if they are.

Ketoacidosis usually takes 24 hours to develop but can worsen unless you take action. The first signs are likely to be thirst, increased urination, tiredness, evidence of ketones in the urine and blood sugar levels above 15 mmol/l. It may be possible to bring things under control by taking extra short-acting insulin, but if there are moderate to large amounts of ketones in the urine and/or you are vomiting, feel drowsy or start breathing deeply, you need immediate medical assistance. Hospital treatment is sometimes necessary to stabilize the condition.

If you are ill, vomiting or your blood glucose level is high (15mmol/l or more) you should test your urine for ketones. You should have a supply of urine testing strips such as 'ketostix' - if you haven't - contact your GP and get some. (They can be added to your repeat prescription) If the test does prove positive, seek medical advice immediately.

Ketones smell like rotten apples or pear drops and may be detected on the breath. The over breathing is a result of the body trying to blow out the acid. Other symptoms include confusion, weakness, increased urination, excessive thirst, nausea, vomiting and abdominal upsets.

## **Hypo's**

Hypoglycaemia is the term used for low blood sugar.

It is also commonly referred to as a "Hypo".

'Hypo' is the Greek word for 'shortage of'

On the next page there is a Hypo Guide Sheet -



# Hypo's - a Quick Guide

## Watch out for:

- Vagueness
- Lack of concentration
- Paleness
- Anxiety and irritability
- Mood change
- Trembling
- Hunger
- Fast pulse & palpitations
- Tingling of the lips
- Blurred vision
- Sweating

## What to do:

Immediately take a short-acting carbohydrate, such as one of the following:

- 2 or 3 Glucose tablets
- Glass of fruit juice
- Glass of Lucozade or coke (Not Diet)
- Chocolate such as Mini Mars Bar or Finger of Fudge



The amount needed will vary from person to person and will depend on circumstances

## Then:

Follow this with a longer-acting carbohydrate to prevent the blood glucose from dropping again, such as one of the following:

- Sandwich
- Fruit
- Biscuits or Cereals
- Or the next meal - if due

## If the person is unconscious:

Do not give anything to eat or drink.

Rub 'Hypo-stop' (a glucose gel usually carried by Diabetics) or honey or jam on the inside of the cheeks and gently massage the outside of the cheeks.

These are absorbed through the mouth lining and are not meant to be swallowed.

Take care not to be bitten by the person when placing fingers in the mouth.

When the person has recovered, give some longer-acting carbohydrate, as above.

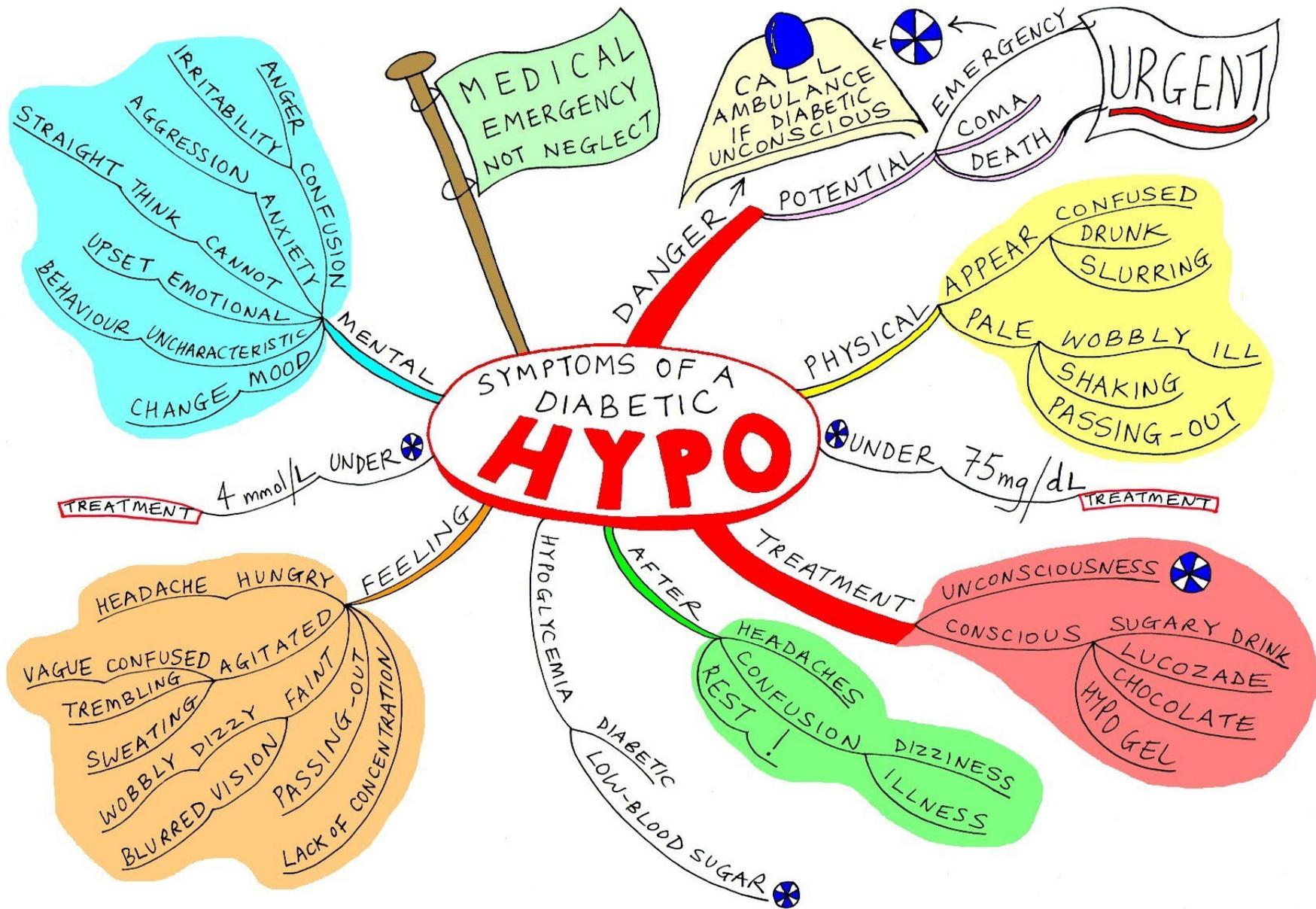
If the person does not recover:

## Call an ambulance

## What causes a 'Hypo'?

- Too much Insulin or tablets
- Delayed/missed snack or meal
- Not enough food
- Unplanned or strenuous exercise
- Drinking alcohol without food
- Sometimes no obvious cause

On the following page is a Mind Map  
"Symptoms of a Diabetic Hypo"



To see more Mind Maps by Paul Foreman visit the  
Mind Map Inspiration Website [www.mindmapinspiration.co.uk](http://www.mindmapinspiration.co.uk)

and

Subscribe to the Mind Map Inspiration Blog to receive  
new Mind Maps, plus creativity and drawing tips.

Blog at [www.mindmapinspiration.com](http://www.mindmapinspiration.com)

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through  
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

[www.buzanworld.com](http://www.buzanworld.com)

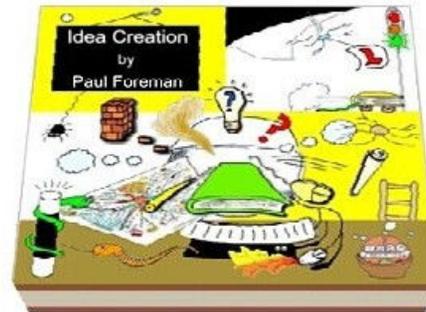
[www.imindmap.com](http://www.imindmap.com)

Info Sheet from [www.diabeticinfo.co.uk](http://www.diabeticinfo.co.uk)

Available from <http://www.mindmapinspiration.co.uk>

## Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

**Never be stuck for an idea again!**

### **Contents**

Why simple is often best  
Fresh ideas  
Use thinking – don't let it use you  
Lifespan of an idea  
Simplicity of an idea  
Everything stems from a thought  
Planning ahead and the bigger picture  
Sparking ideas  
Random thinking styles  
Creativity Toolkit  
Outside the box outside the box  
Ideas don't dry up – thoughts do  
Constant Daily Learner  
Land of infinite possibilities

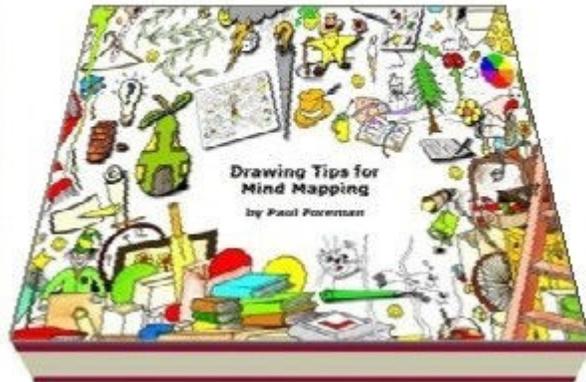
### **Includes the following Mind Maps:**

5W1H  
Idea Creation  
Topical Ephemeral or Practical Immortal  
Theory of the Brain  
Idea  
Planning Ahead and the Bigger Picture  
Sparking Ideas  
What is Original?  
Thinking Styles  
Thinking styles template  
Creativity Toolkit Mind Map  
Planetary Thinking  
360° Thinking  
Creative Focus  
Odd Combinations  
Thinking outside the Box  
Thinking outside the Box Checklist  
Curious Brain  
Constant Daily Learner

**Info Sheet from [www.diabeticinfo.co.uk](http://www.diabeticinfo.co.uk)**

## Drawing Tips for Mind Mapping

110 Page E-Book £5.95

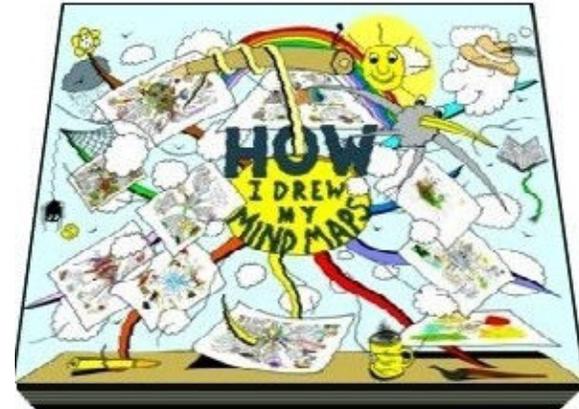


Beginners guide

- Colour wheel and use of colours
- Suggested Equipment
  - Drawing Fish
  - Drawing Cats
  - Drawing Books
- Using Stencils & Templates
  - Drawing Hats
  - Mind Map Templates
- Drawing Curves & Shapes
- Detailed breakdown of "Fantasy Mind Map"
- Enhancing Creativity through Thought Reduction
  - Drawing Speed Tests
  - Drawing Faces
    - Lettering
  - Photo to Cartoon transfer
- Drawing Tips and Tricks
  - Doodleboards
  - Mind Maps

## How I drew my Mind Maps

71 Page E-Book £6.95



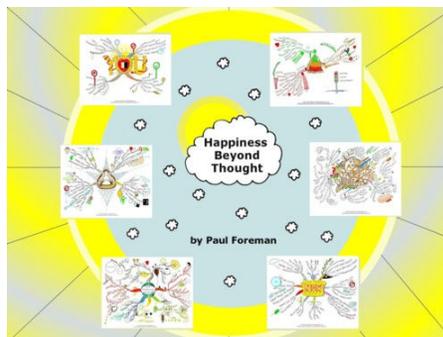
Learn how to take your drawing to the next level  
in my second E-Book and discover the secrets of

"How I drew my minds"

Including:

- The thoughts behind the maps
- Mind Map structure
- What products I use
- Tips and tricks for drawing
- Colour placement
- Image placement
- Detailed image analysis
- Illustration walkthrough step by step
- Fast sketching
- Idea generation
- From a simple line and curve to an image
- Overlap and 3D
- Plus a few surprises!

**“Happiness Beyond Thought” 85 Page illustrated E-Book - Including Mind Maps £5.99**



Discover true happiness and inner peace

Learn how to stop incessant thinking  
and take control of your thoughts

Learn how to meditate, relax your  
mind and body and foster inner calm

How to stay in the present moment

How to let go, find simplicity and  
transform your life for good

Simple tips and strategies for  
a harmonious and stress-free life

**Includes:**

Happiness is your primary state

Stop Thinking

Happiness is inside you

Go Within

Meditation

Organisation – Inner & Outer

Coming back to now (Present Moment Awareness)

**Includes the following Mind Maps:**

Happiness is your primary state

Stop Thinking Tips

Happiness is inside you

Go Within

Meditation

Organisation

Present Moment Awareness

Positive Acronym Your Name

Letting Go

Plus a Bonus Mind Map