Stress Hyperglycemia

Stress hyperglycemia is a condition that happens during times of stress, such as illness or major surgery. Your blood glucose (sugar) has been tested often during your time in the hospital and it is higher than the normal range (4 to 6 mmol/L). This is called **stress hyperglycemia**.

You do not have diabetes, but because you have stress hyperglycemia you have a higher chance of developing type 2 diabetes in the future.

### You have a higher chance of developing type 2 diabetes if you check 2 or more of the following:

- I am more than 40 years old
- I have a relative with diabetes
- I have stress hyperglycemia
- I have vascular disease
- I carry extra weight around my waist line
- I have high blood pressure
- I have problems associated with diabetes (such as heart disease)
- I have high lipids (fat) level in my blood
- My background is Aboriginal, Hispanic, South Asian, Asian or African
- I have a history of diabetes during pregnancy or a history of delivering a baby weighing more than 4 kilograms (8.8 lbs)

Research shows that diabetes can be prevented or delayed. (Turn page over>
How can I lower my chances of developing diabetes?

✓ Eat balanced meals.
✓ Add physical activity to your daily routine.
✓ Get enough sleep.
✓ Find ways to manage your stress.
✓ Talk to your health care providers about what things may be affecting your weight.

What else can I do?

• Speak with a dietitian to learn more about what to eat.
• Talk to your primary care provider (family doctor) about screening for diabetes and things you can do to reduce your risk of diabetes, such as increasing your physical activity. To learn more about diabetes prevention, visit www.diabetes.ca or call 1-800-BANTING (226-8464).