

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 am overweight, especially around your 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 healthy meals
- ✓ Maintain a healthy weight
- ✓ Add physical activity to your daily routine

What else can I do?

- Speak with a dietitian to learn more about what to eat.
- Slowly increase your activity — talk with your primary care provider (family doctor) first
- Join a cardiac rehabilitation program (refer to your “Homeward Bound” booklet)
- Have your blood sugar checked in 3 or 4 months and speak with your primary care provider about having an oral glucose tolerance test done
- Go to classes for people with pre-diabetes. For a location near you, phone the Canadian Diabetes Association at 416 363 3373 or visit the website at www.diabetes.ca.

Visit www.uhnpatienteducation.ca for more health information.

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Form: D-5392 | Authors: Hyangjin Im RN, CDE / Supervisor Dr. Diane Donat Endocrinologist, CV/Vas Inpatient Endocrine Consultant
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