

Fast Facts

Diabetic Ketoacidosis (DKA)

-Glucose is the main source of energy that your cells use. All the food you eat gets broken down by your digestive system into glucose. Insulin is a hormone whose job is to help glucose enter your cells. If your body doesn't have enough insulin, it can't get the glucose from your bloodstream into your cells resulting in high blood sugar levels and this causes your body to release different hormones that break down fat and turn it into fuel that your cells can use.

While this process is essential in order for your body to survive, it produces acids called ketones. At first, the ketones build up in your bloodstream, but when there are too many of them, they end up in your urine. So, in diabetic ketoacidosis, you have high levels of glucose and ketones in your bloodstream due your body's inability to process glucose

-Several things can trigger this type of response: missing insulin injections, not injecting enough insulin, being sick (your body produces higher level of certain hormones, adrenaline and cortisol, which counteract insulin), physical/emotional trauma (these can increase your cortisol levels because of the stress they place on your body), heart attack, alcohol/drug abuse and certain medications, like corticosteroids and diuretics (medicines that increase urine production in the kidneys and promote the removal of salt and fluid from the body)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Can develop quickly</p> <p>-Excessive thirst</p> <p>-Frequent urination</p> <p>-Nausea/vomiting</p> <p>-Abdominal pain</p> <p>-Weakness/fatigue</p> <p>-Shortness of breath</p> <p>-Fruity-scented breath</p> <p>-Confusion</p> <p>-Elevate blood sugar</p> <p>-Ketones in urine</p> <p>-If you are vomiting and can't keep down food or liquid, your high blood sugar is not responding to treatment and you have moderate to high levels of ketones in your urine, call you doctor</p> <p>-If your blood sugar is staying over 300mg/dL (milligrams per deciliter), you have ketones in your urine, can't reach your doctor for advice or you have multiple DKA symptoms, call 911!</p>	<p>-Hospitalization to correct the imbalances within your body</p> <p>-Fluid replacement therapy via an intravenous (IV) catheter</p> <p>-Electrolyte replacement via IV</p> <p>- IV insulin therapy (until your blood sugar reaches 200mg/dL or less, you will be switched back to your normal insulin injection therapy)</p> <p>-In addition to treating your DKA episode, your doctor will be looking for what triggered it and treating that as well</p>	<p>Manage your diabetes:</p> <p>-Eat a healthy diet</p> <p>-Get regular exercise</p> <p>-Take diabetic medication (pills or injections) as directed</p> <p>-Check blood sugar regularly—usually three to four times a day (If sick or stressed, check it more frequently.</p> <p>-Check the ketone levels in your urine if you are sick or stressed</p>

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