What causes HIGH or LOW blood sugar?

**HIGH** (hyperglycemia)
- Eating too much
- Less physical activity than usual
- Skipping medication doses
- Expired medication or insulin
- Illness, surgery, injury, or infection
- Stress

**LOW** (hypoglycemia)
- Skipping or delaying meals
- More physical activity than usual
- Too much medicine or insulin
- Drinking alcohol
- Stress

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