

MyCARE

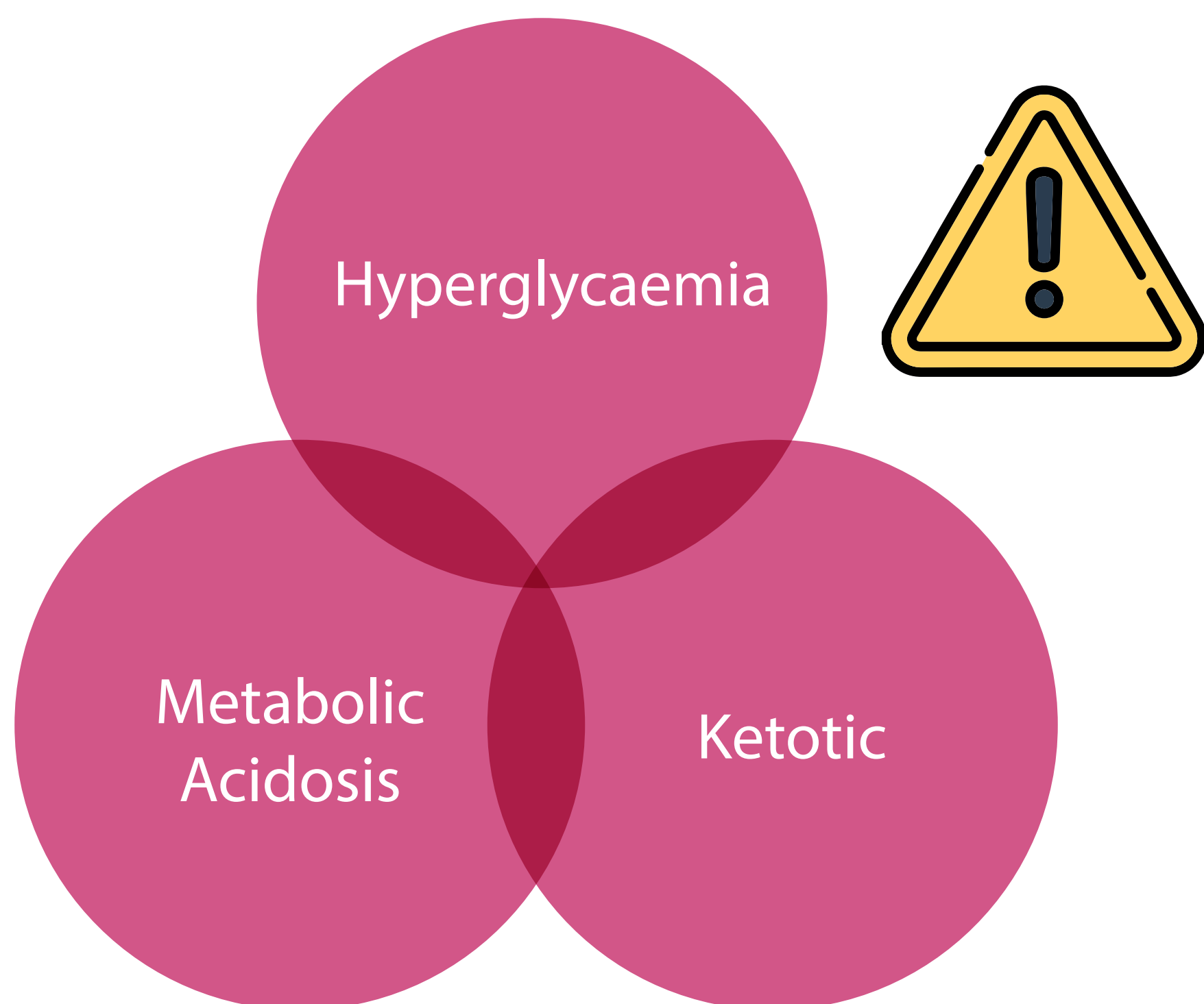
With me, every step of the way



“ While managing your Diabetes, **IT’S IMPORTANT TO KEEP DIABETIC KETOACIDOSIS (DKA) IN MIND.** ”

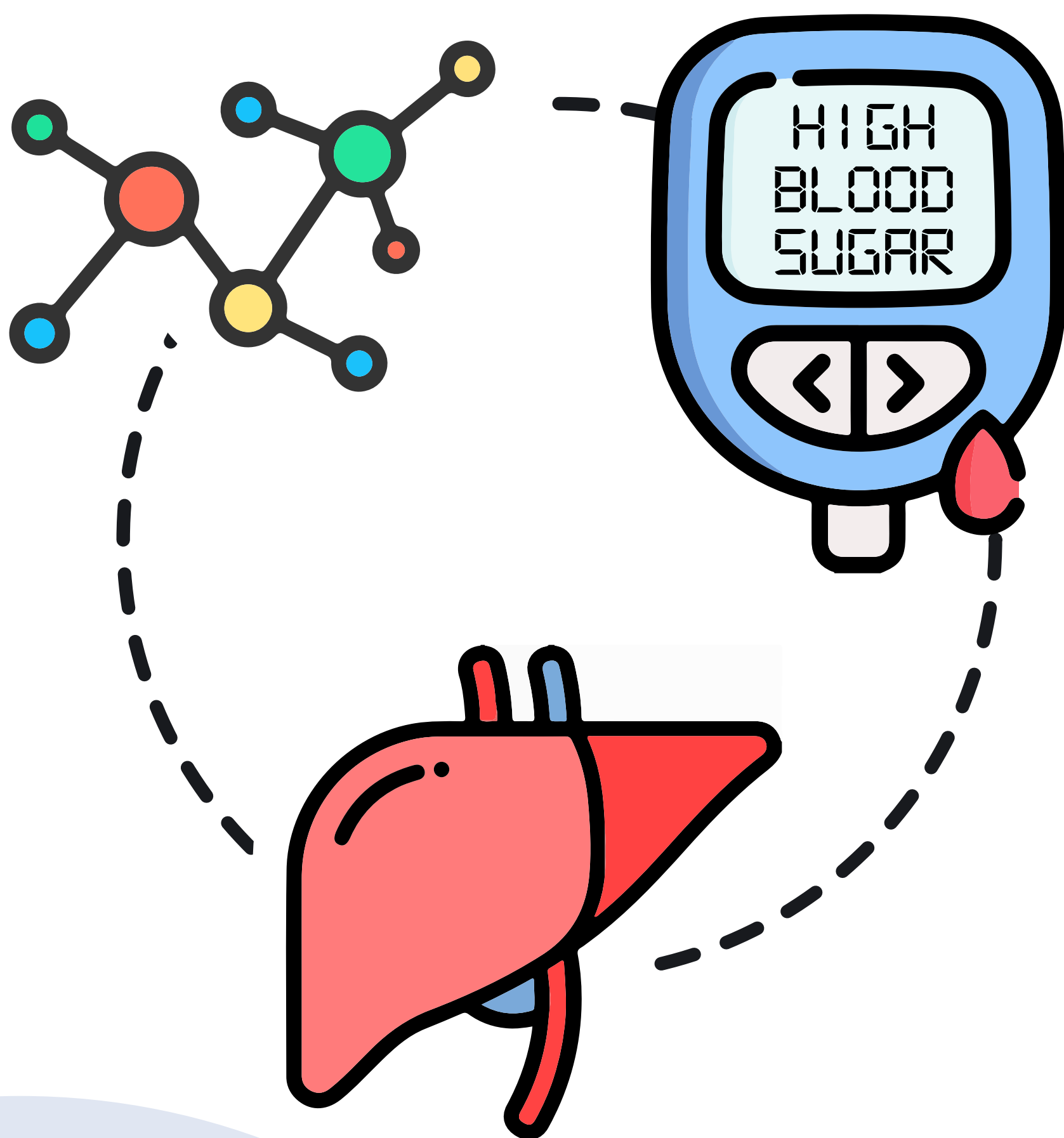


**DKA MAY HAVE BEEN YOUR
FIRST INDICATION** of Type 1
Diabetes before you knew
about it.



DKA

You may have heard that
**YOU NEED TO BE CAUTIOUS
ABOUT KETONES**, and their
association with the serious
condition known as Diabetic
Ketoacidosis (DKA).

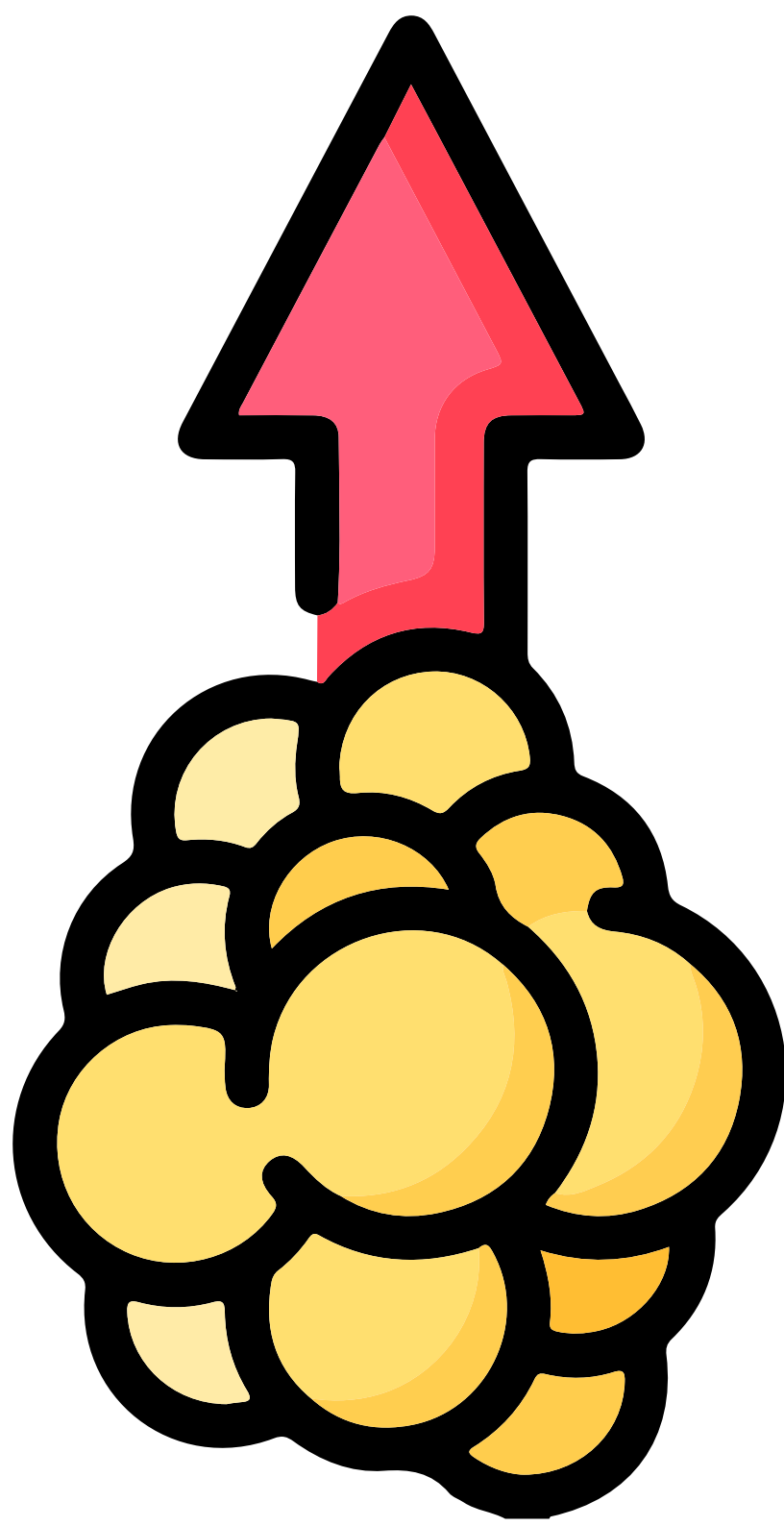




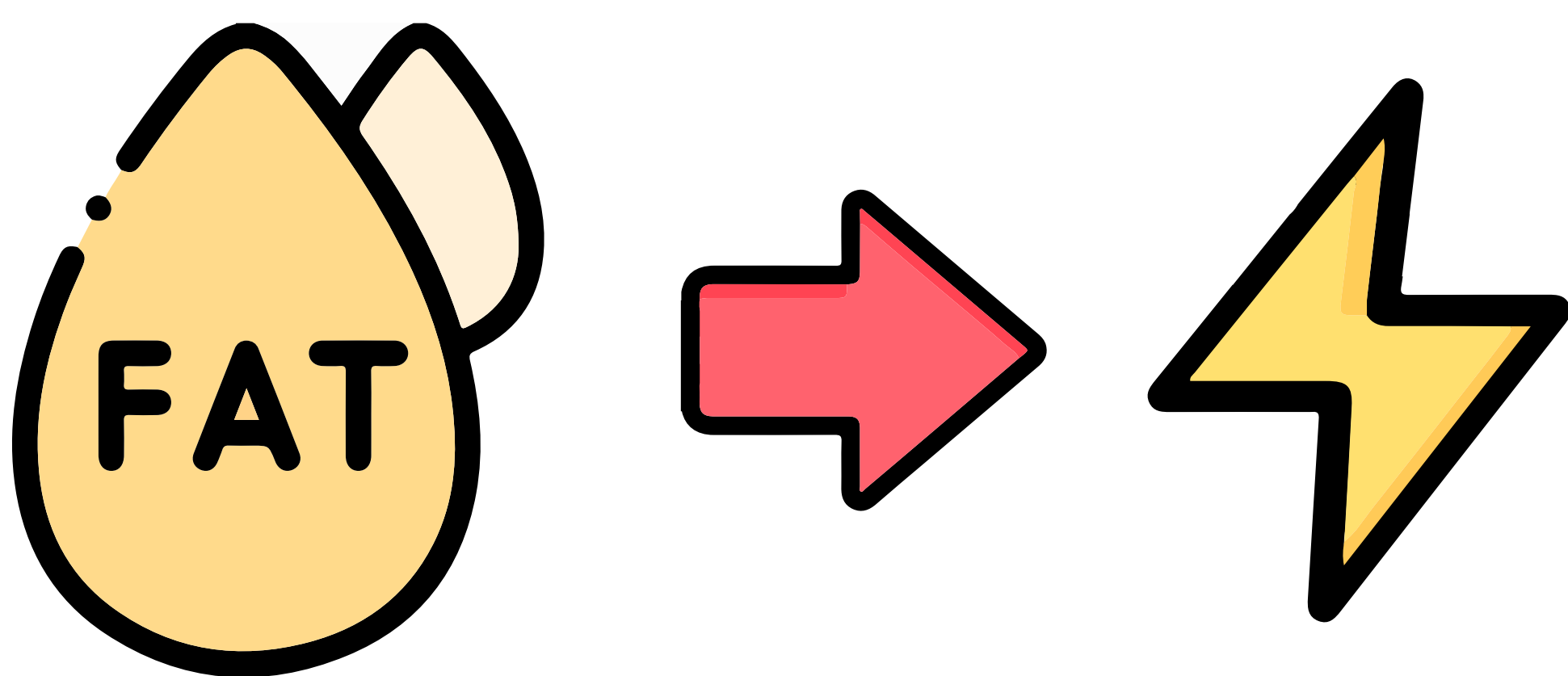
**BUT WHAT
ARE KETONES?**

WHEN YOUR CELLS ARE DEPRIVED OF THE GLUCOSE

they require for energy, your body starts to burn fat, which results in the production of ketones.

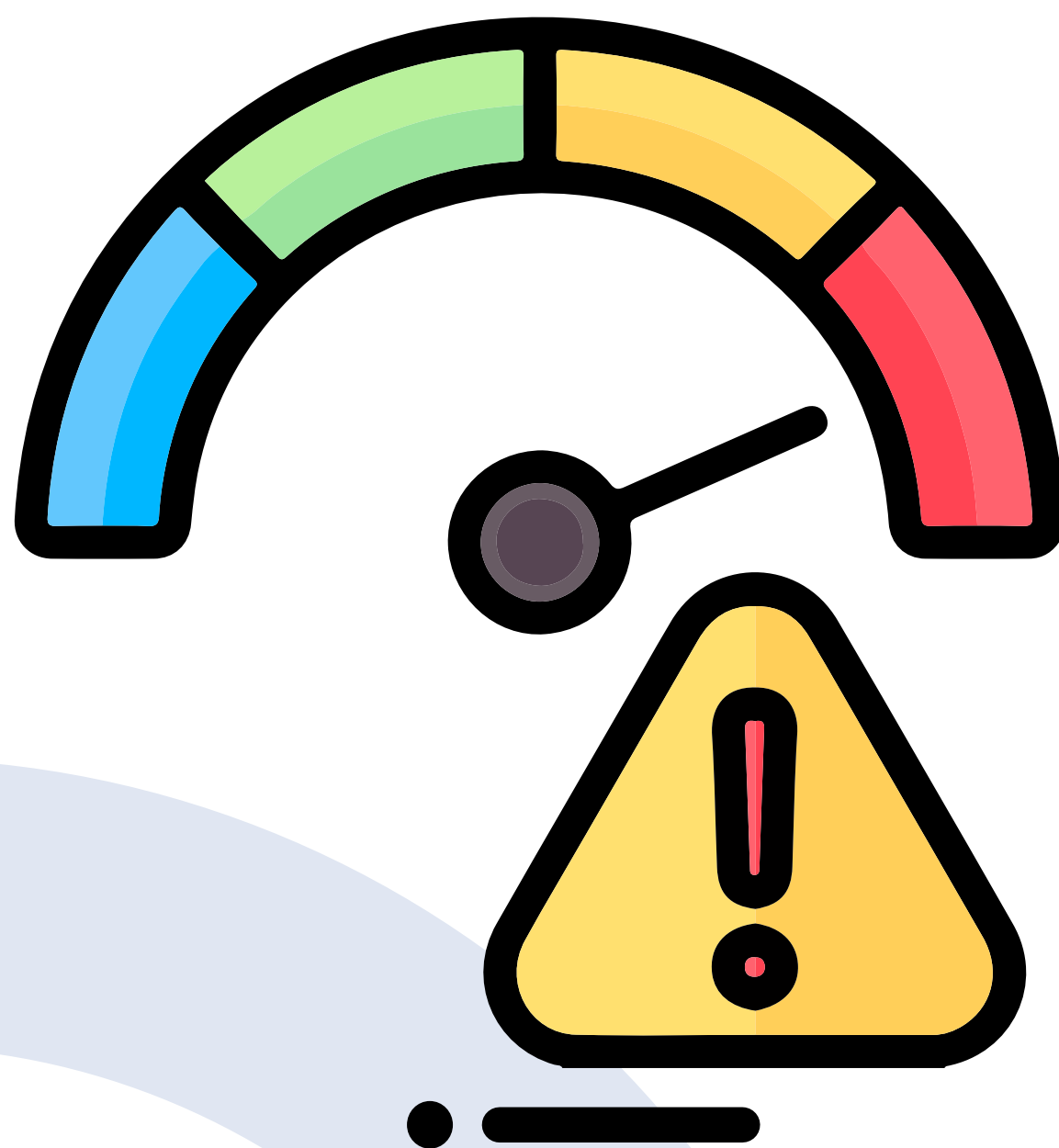


This happens when the **BODY DOES NOT HAVE ENOUGH INSULIN TO UTILIZE GLUCOSE**, its usual fuel source. So, the body breaks down fat for energy and ketones are produced.



The accumulation of **KETONES IN THE BLOOD INCREASES BLOOD ACIDITY.** They serve as a warning that your Diabetes is getting out of hand.

DKA CAN OCCUR IF KETONE LEVELS RISE TOO HIGH. It is a medical emergency which needs to be treated immediately.





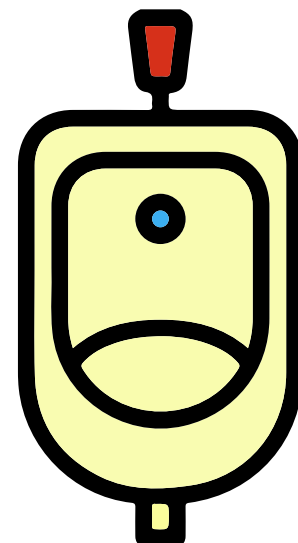
SIGNS AND SYMPTOMS OF DKA

DKA TYPICALLY DEVELOPS GRADUALLY. EARLY SIGNS CONSIST OF:

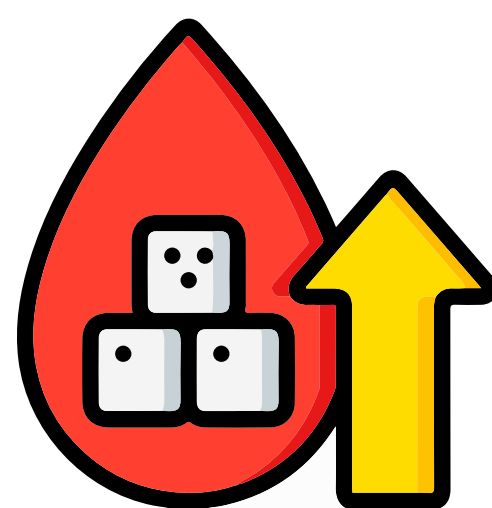
Extreme
thirst



Frequent
urination



High blood
sugar levels



High level of
ketones in the
urine

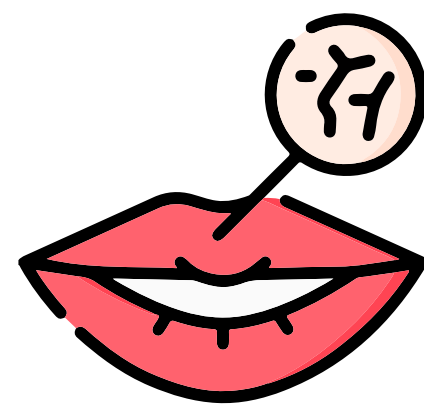


IF LEFT UNATTENDED, MORE SERIOUS SYMPTOMS OCCUR, SUCH AS:

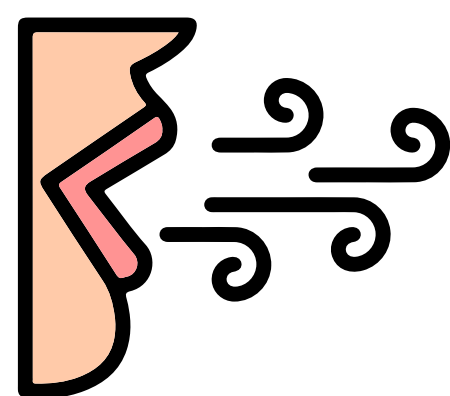
Heavy and quick
breathing



Dry mouth
and skin



Breath with a
fruity odour



Muscle pain and
exhaustion



Nausea, vomiting
and stomach ache



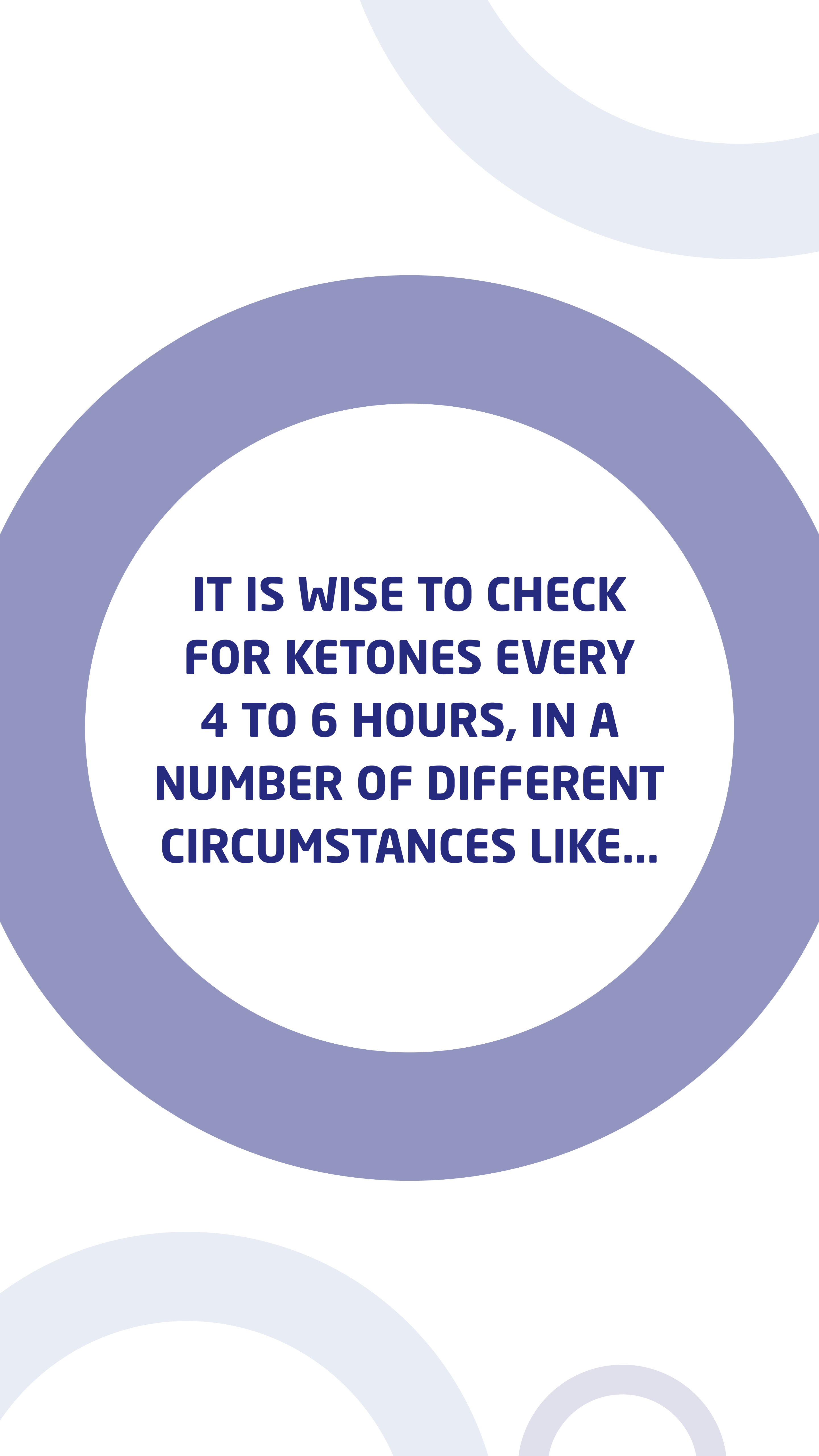


**WHEN AND HOW
DO YOU TEST
FOR KETONES?**

A BASIC URINE TEST that uses a test strip similar to a blood test can be used to detect ketones.

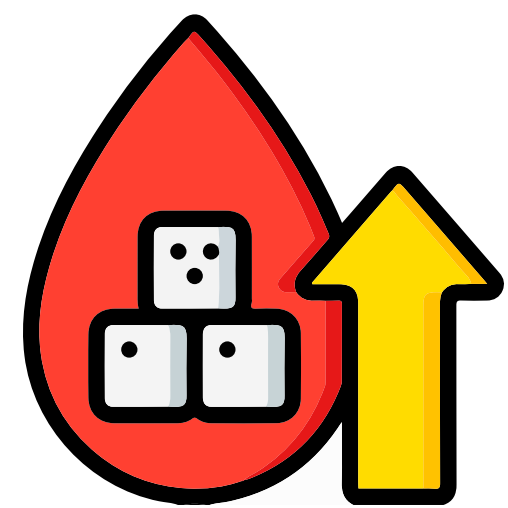


NOTE: You can also check for ketones in the blood using a meter like you do while testing blood sugar levels.



**IT IS WISE TO CHECK
FOR KETONES EVERY
4 TO 6 HOURS, IN A
NUMBER OF DIFFERENT
CIRCUMSTANCES LIKE...**

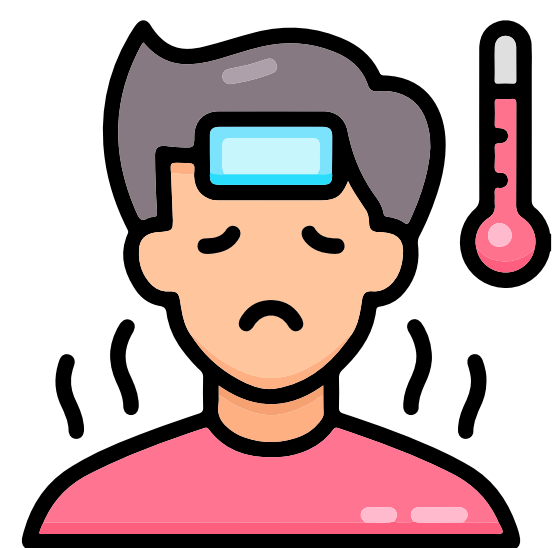
You have a blood sugar level of higher than 300 mg/dl (or a level recommended by your doctor)



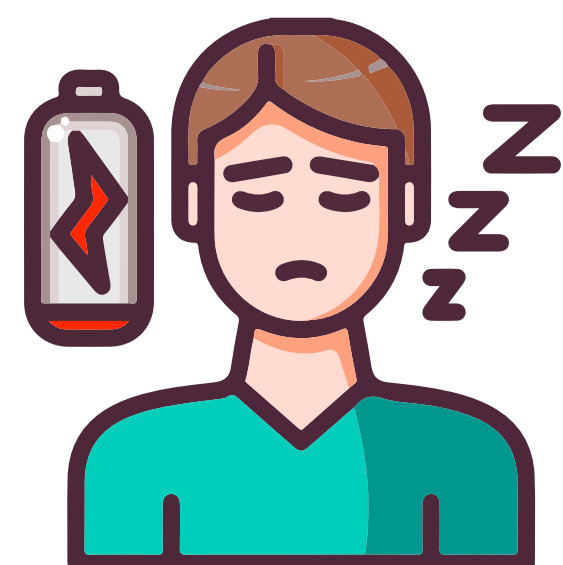
You experience nausea, vomiting, or stomach pain



You are having a sick day



You're consistently exhausted



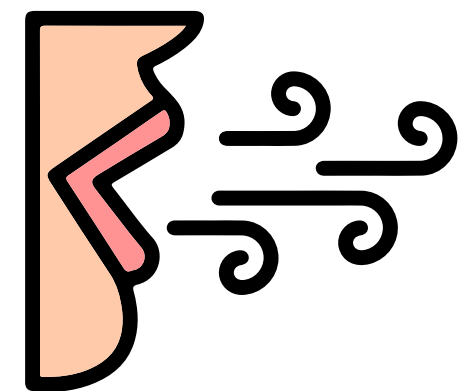
You're dehydrated



Your face feels flushed,
and breathing is difficult



Your breath has a
"fruity" odour

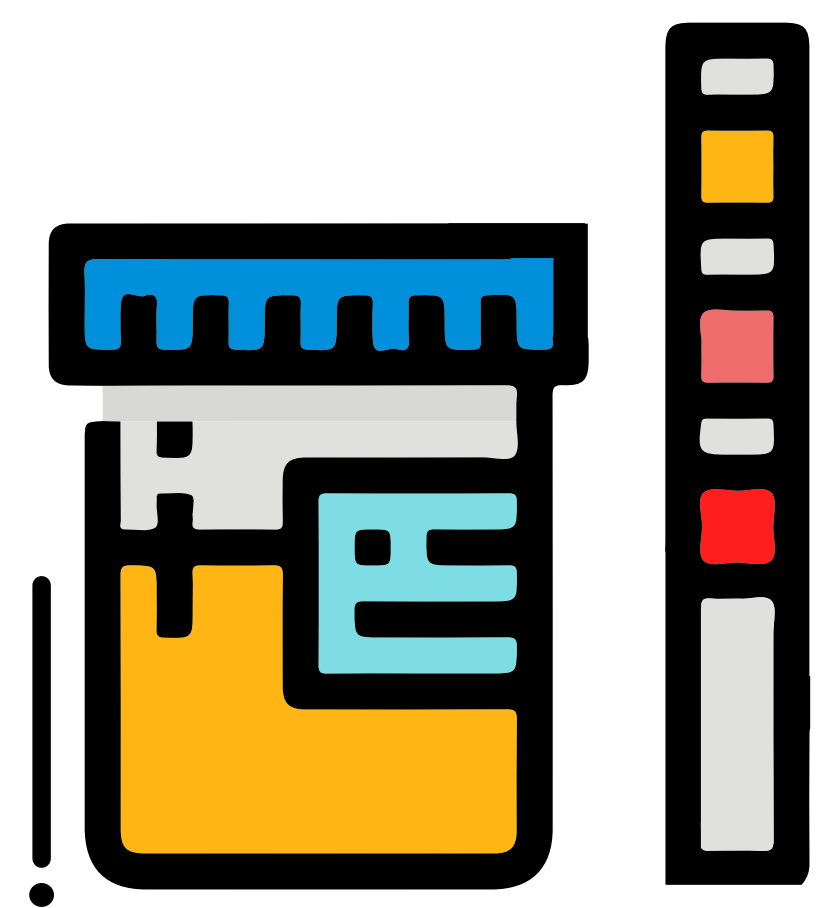


You feel "in a fog"
or perplexed



REMEMBER

Contact your doctor immediately if your ketones are moderate or large in the urine test or $>1.5\text{mmol/L}$ in the blood test



Drink salty fluids like salted lemon water, or buttermilk to flush out the ketones

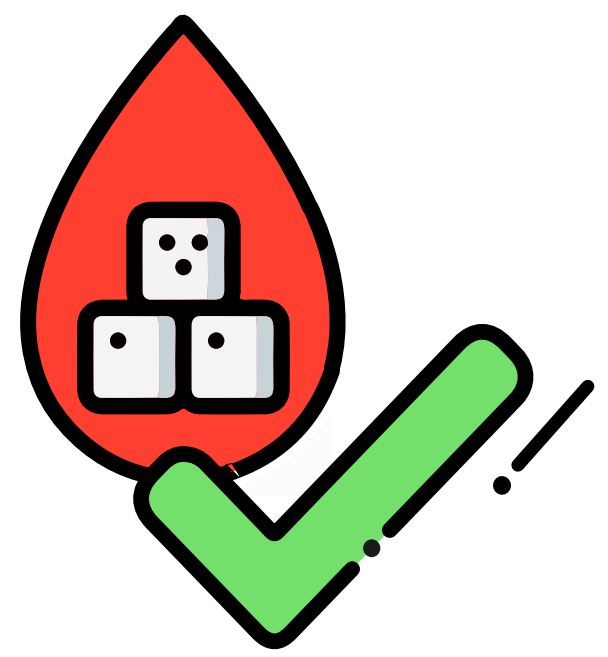




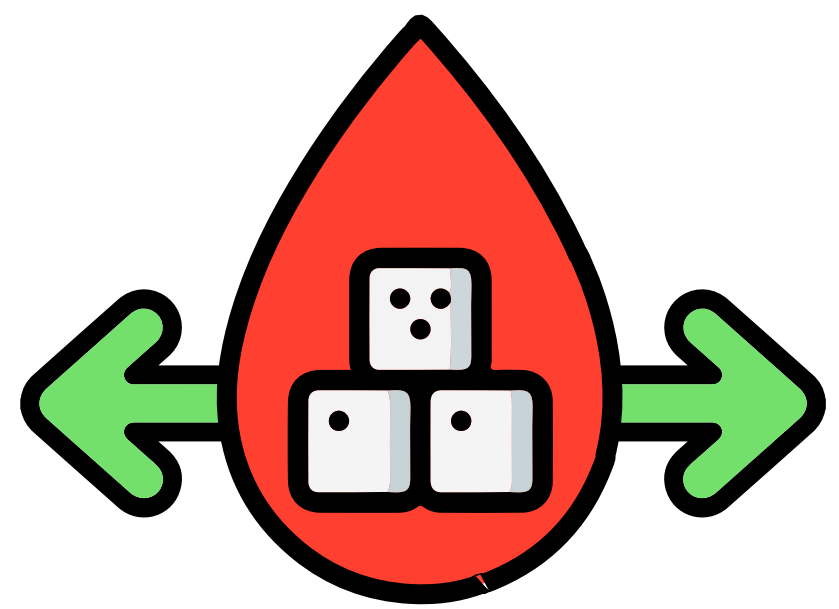
HOW TO PREVENT DKA?

ALTHOUGH DKA IS A DANGEROUS CONDITION,
there are things you can do
to help prevent it.

Especially if you're
ill, monitor your blood
sugar frequently.



Try your best to
maintain your blood
sugar levels within
the desired range.



Do not stop taking
Insulin on your own



Consult your physician
for advice on how to
modify your Insulin
intake in response to
your diet, level of
activity, or health.



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”





With me, every step of the way

Reference

- Five Things to Know About Ketones | ADA. Diabetes.org. (2019). Retrieved 8 August 2022, from <https://www.Diabetes.org/blog/five-things-know-about-ketones>.
- Diabetes & DKA (Ketoacidosis) | ADA. Diabetes.org. Retrieved 8 August 2022, from <https://www.Diabetes.org/Diabetes/dka-ketoacidosis-ketones#:~:text=More%20on%20ketones%20and%20DKA&text=You%20can%20detect%20ketones%20with,more%20than%20240%20mg%2Fdl>.
- Diabetic Ketoacidosis. <https://www.cdc.gov>. (2021). Retrieved 8 August 2022, from <https://www.cdc.gov/Diabetes/basics/diabetic-ketoacidosis.html>.

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