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مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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DIABETIC KETOACIDOSIS

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DIABETIC KETOACIDOSIS

Diabetic ketoacidosis

- Diabetic ketoacidosis is a serious complication of diabetes, especially type 1 Diabetes (Insulin-Dependent Diabetes Mellitus), that occurs when your body produces high levels of blood acids called ketones
- The condition develops when your body cannot produce enough insulin or if you are not using required insulin as instructed by your doctor
- Insulin plays a key role in helping sugar (glucose) — a major source of energy for your muscles and other tissues — enter your cells, without enough insulin, your body begins to break down fat as fuel. This process produces and buildup of acids in the bloodstream called ketones, eventually leading to diabetic ketoacidosis if untreated

Signs and Symptoms:

Diabetic ketoacidosis signs and symptoms often develop quickly, sometimes within 24 hours. For some, these signs and symptoms may be the first indication of having diabetes.

:and they include:

- Excessive thirst.
- Frequent urination.
- Nausea and vomiting.
- Abdominal pain.
- Weakness or fatigue.
- Shortness of breath.
- Fruity or acetone-like breath odor.
- Confusion.
- High blood sugar levels (hyperglycemia).
- High levels of ketones in the urine.

Causes:

Diabetic ketoacidosis is usually triggered by:

- An illness or infection such as urinary tract infection or pneumonia.
- Missing insulin doses or having inadequate insulin therapy can result in too little insulin in your body, triggering diabetic ketoacidosis.
- Heart attack.
- Excessive consumption of sweets and carbohydrates.
- Certain medications, corticosteroids (such as cortisone) and some diuretics.

Prevention:

- Commit to managing your diabetes. Make healthy eating and physical activity part of your daily routine.
- Take oral diabetes medications or insulin as directed by doctor.
- Monitor your blood sugar level. You might need to check and record your blood sugar level at least three to four times a day and more often if you are ill or under stress. Careful monitoring is the only way to make sure your blood sugar level remains within your target range.
- Adjust your insulin dosage as needed. Talk to your doctor or diabetes educator about how to adjust your insulin dose.
- Keep a list of your medications and bring it to your follow-up appointment or if you go to the emergency room.

Come to emergency room in case if:

- Your blood sugar level is consistently higher than 250 milligrams per deciliter (mg/dL) with presence of ketones in urine.
- Have seizure.
- You have ketones in your urine or blood and cannot reach your doctor for advice.
- You have multiple signs and symptoms of diabetic ketoacidosis (excessive thirst, frequent urination, nausea and vomiting, abdominal pain, shortness of breath, fruity-scented breath, confusion).
- Have symptoms of dehydration, such as dark yellow urine, dry mouth and lips, and dry skin.
- Your urine ketone level is moderate or high.
- Remember, untreated diabetic ketoacidosis can be fatal.

You should go to the endocrinology clinic if you :have these symptom:

- You are vomiting and are unable to tolerate food or drink.
- Your blood sugar level is hi˜her than your target range despite adhering to proper diet and medication use.
- Recurrent presence of ketones.
- You have concerns about your condition.

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