

Dawn Phenomena

- ↑ A.M. BG
- Caused by release of Growth Hormone, Cortisol or Insulin abnormalities
- Dx made by checking BG @ 2 and 4 a.m.
- Tx: adjust insulin doses from dinner to bedtime or ↑ HS insulin

Sick Day Mgmt

- Monitor BG Q3-4 hrs during illness
- Continue meds based on BG
- Sip 8-12 hrs clear fluid hourly
- Call HCP if not eating for 24 hrs or if V, D for 6 hrs.

Abnormalities in BG

Somogyi's Effect

- Wide differences in early a.m. (low) & FBG (high)
- BG ↓ below normal due to too much insulin at night
- Hypoglycemia seen in middle of night – often missed
- Add more dietary intake at bedtime & give less insulin

S/S

- Always tired
- Polyuria
- Polyphasia
- Polydipsia
- Unexplained weight loss
- Wounds that won't heal
- Blurred vision
- Vaginal infections
- Sexual dysfunction
- BG > 140
- Family hx
- Numbness/tingling in feet
- Overweight