

Diabetic Ketoacidosis (DKA)

Diabetic Ketoacidosis (DKA) most often occurs in type 1 diabetes. Ketones are produced when your body starts burning fat for energy instead of sugar. Dangerously high levels of ketones can lead to diabetic coma or death. Know the warning signs and check urine for ketones, especially when sick.

Warning signs:

- Blood sugar above 250
- Nausea, vomiting and/or abdominal pain
- High levels of ketones in urine
- Frequent urination
- Thirst or a very dry mouth
- Muscle pain
- Fruity odor on breath
- Difficulty breathing (short, deep breaths)
- Hard time paying attention or confusion

If you don't feel well and have one or more of the above symptoms, contact your doctor immediately or go to the nearest emergency room.

What causes ketoacidosis?

- **Not enough insulin.** Do not skip your insulin, even if you are unable to eat. You may need more insulin because you are sick.
- **Not enough food.** When you cannot eat, your body makes ketones. This causes nausea and vomiting.



DKA IS LIFE THREATENING