



Understanding Diabetic Ketoacidosis (DKA)

DKA is a serious complication of diabetes that occurs when the body doesn't have enough insulin and starts breaking down fat for energy, producing a buildup of acids called ketones. This buildup can lead to a variety of health problems.

Causes of DKA

- **Insufficient Insulin:** Not taking enough insulin or missing insulin doses can trigger DKA.
- **Illness or Infection:** Illness or infection can increase the body's need for insulin.
- **Stress:** Emotional or physical stress can elevate blood sugar levels and lead to DKA.
- **Certain Medications:** Some medications, such as corticosteroids, can raise blood sugar levels.

Symptoms of DKA

- **High Blood Sugar:** Extremely high blood glucose levels
- **Ketones in the Urine:** Ketones can be detected in urine using a ketone testing strip.
- **Excessive Thirst:** Dehydration can lead to excessive thirst.
- **Frequent Urination:** Increased urination can lead to dehydration.
- **Nausea and Vomiting:** These symptoms can worsen dehydration.
- **Abdominal Pain:** Stomach pain may occur due to acid buildup.
- **Fatigue and Weakness:** Lack of energy due to the body's inability to use glucose for energy.
- **Shortness of Breath:** Rapid breathing can occur as the body tries to compensate for acidosis.
- **Fruity Breath Odor:** A sweet, fruity odor on the breath may be present.
- **Confusion or Lethargy:** In severe cases, DKA can lead to confusion or loss of consciousness.



Preventing DKA

- **Adhere to Your Treatment Plan:** Follow your healthcare provider's recommendations for insulin dosing, meal planning, and exercise.
- **Monitor Blood Sugar Levels:** Regularly check your blood sugar levels and adjust your insulin dose as needed.
- **Recognize and Treat Illness Promptly:** If you're ill, increase your blood sugar monitoring and adjust your insulin dose as directed by your healthcare provider.
- **Stay Hydrated:** Drink plenty of fluids to prevent dehydration.
- **Manage Stress:** Practice stress-management techniques like meditation or yoga.



Treatment for DKA

DKA is a medical emergency that requires immediate treatment in a hospital setting. Treatment typically involves:

- **Insulin Therapy** to lower blood sugar levels.
- **Fluid Replacement** to correct dehydration.
- **Electrolyte Replacement** to restore electrolyte balance.

Conclusion

By understanding the causes, symptoms, and prevention strategies for DKA, you can take steps to protect your health and prevent this serious complication. If you experience any symptoms of DKA, seek medical attention immediately.

We're committed to your health. Contact us today for more information.



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