**The Chronic Disease Cycle**

**What is my “emergency situation?”**

With a chronic illness it is often hard to define what is a true emergency. This is something you should discuss with your doctor. Ask questions like:

* How high or low should my heart rate, sugar levels or blood pressure be before heading to the ER?
* How long after taking my medication and it being ineffective for an out of control symptom should I wait before heading to the ER?
* What are some signs/symptoms specific to my disease that require emergency treatment that I can’t get at home or during office hours? (Or cannot wait for office hours at night)
* What can be done for me at the emergency room? Can I get IV medication, hydration, x-rays or other tests to confirm it is one problem or another more serious one?