

How Much Do You Know About Hypoglycemia?

More than 50% of people living with diabetes have experienced **hypoglycemia** (low blood sugar), but some of those individuals may not be aware of having it. Hypoglycemia occurs **when blood sugar falls below 70 mg/dL**. Without immediate treatment, dangerous conditions such as a coma may occur.

Causes of Hypoglycemia



Consuming alcohol on an empty stomach



Excessive exercise



Too much insulin or medication side effect



Skipped/delayed meals



Lack of meal intake throughout the day

Symptoms

- ✓ Shakiness
- ✓ Sweating and chills
- ✓ Confusion
- ✓ Rapid/fast heartbeat
- ✓ Hunger and nausea
- ✓ Vomiting
- ✓ Fatigue
- ✓ Headaches
- ✓ Blurred vision
- ✓ Irritability

Treatment

CHECK your blood sugar. If you can't check, treat the symptoms anyway.



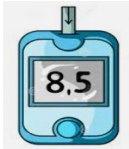
TREAT by eating or drinking 15 grams of rapidly absorbable carbohydrates, such as:

- ❖ 3 or 4 pieces of glucose tablets
- ❖ Half a cup of juice or regular soda
- ❖ 1 tablespoon of honey or sugar
- ❖ 4-5 saltine crackers



CHECK AGAIN after 15 minutes. If blood sugar has reached over 70 mg/dL, have a snack or meal to prevent blood sugar from falling.

Prevention



Monitor your blood sugar level



Avoid alcohol



Eat meals within 4-5 hours



Take medication as prescribed



Call 911 if blood sugar is still below 70 mg/dL after 45 minutes and/or if your situation gets worse.



Ask your doctor to refer you a dietitian if you want to learn more about hypoglycemia.



HANA HOU
MEDICAL GROUP

To learn more about our doctor's group, call Customer Service Hotline: (888) 621-0230
<https://www.hanahoumedicalgroup.com>