














Survival Skills....Hypoglycemia (Low Blood Sugar)

<h2>Symptoms</h2>	<p>Fast Heart Beat</p> 	<p>Shaky</p> 	
<p>Sweaty</p> 	<p>Dizzy</p> 	<p>Anxious</p> 	<p>Hungry</p> 
<p>Change in Vision</p> 	<p>Weak</p> 	<p>Headache</p> 	<p>Irritable</p> 
<p>What should you do? Check your blood sugar.</p> 	<p>If your blood sugar is less than 70, Follow the Rule of 15. Eat 15 grams (1 carb choice) Each of these foods have about 15 grams of carbohydrate:</p> <ul style="list-style-type: none"> ▪ 3-4 glucose tablets ▪ ½ cup fruit juice (4 ounces) ▪ ½ cup regular soda (not diet) ▪ 1 cup skim milk ▪ 5 to 8 Lifesavers (not sugar free, chewed and swallowed) ▪ 3-4 packs of sugar ▪ 2 tablespoons of raisins ▪ 6 saltine crackers ▪ 3 graham cracker squares ▪ 1 tablespoon of honey or corn syrup  	<p>Recheck your blood sugar in 15 minutes.</p> <ul style="list-style-type: none"> • If it is still less than 70, treat again with 15 grams of carbohydrate. • If it is close to mealtime, eat your meal. <p>Call your doctor if, your blood sugar is less than 70 two times in the same day and you don't know why.</p> <p>If you are taking Precose or Glyset, treat your Hypoglycemia with glucose tablets or glucose gel.</p>	

Please call **1-800-SENTARA (736-8272)** to sign up for the **“Healthy Living with Diabetes”** classes.