













Hypoglycemia

(Low Blood Sugar)

<h1>Symptoms</h1>	<p>Shaking</p> 	<p>Fast heart beat</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?</p> <p>Check your blood sugar.</p> 	<p>If your blood sugar is less than 70, eat one low-fat serving of carbohydrate.</p> <p>Each of these foods have about 1 serving (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) – a can ▪ 1 cup skim milk ▪ 5 to 8 Lifesavers (not diet, 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 one low-fat serving 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>	

10/00, 10/01, 1/03

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

Hypoglycemia (Low Blood Sugar)

Causes	Signs and Symptoms	Treatment
<p>Your blood sugar can drop if you:</p> <ol style="list-style-type: none"> 1. Skip or delay a meal or do not eat enough food at a meal. 2. Are more active than usual. 3. Have medicine -insulin or diabetes pill in too high a dose. 4. Drink an alcoholic beverage and do not also eat some food. 5. Take other pills that have low blood sugar as a side effect. 	<ol style="list-style-type: none"> 1. Weak or tired 2. Shaky or dizzy 3. Sudden hunger 4. Cold sweat 5. Vision changes – can't see clearly, double vision. 6. Change in personality (anxious, angry, irritated, nervous) 7. Feel faint 8. Fast heart beat 9. Headache 10. You can go into a coma if you do not treat the low blood sugar. 	<ol style="list-style-type: none"> 1. Check your Blood Sugar. 2. If your blood sugar is less than 70, eat one low-fat serving of carbohydrate. 3. Recheck blood sugar in 15 minutes. <ul style="list-style-type: none"> • If it is still less than 70, treat again with one low-fat serving of carbohydrate. • If it is close to mealtime, eat your meal. • If your blood sugar is higher than 70, do not eat any more food. Wait – your body may be getting used to new lower blood sugar levels. 4. Call your doctor if, for more than one day, your blood sugar remains less than 70 and does not get better even when you eat food. 5. If you are taking Precose or Glyset, treat your low blood sugar with glucose tablets or gel. The usual food choices (like orange juice or crackers) do not work fast enough. 6. Wear diabetes identification.
<h3>How to Prevent Low Blood Sugar</h3>		
<ol style="list-style-type: none"> 1. Learn the symptoms your body has when you have low blood sugar. 2. Check your blood sugar at times when you are most at risk for low blood sugar (more activity, less food). 3. Wear diabetes identification so, if needed, others can help you. 4. Eat your meals and snacks at the same times each day. Never skip a meal. 5. Balance your meals - medicine - and exercise. Plan to exercise within 1-2 hours after meals or snacks. 6. Snack at peak action time of your insulin or pills. 7. Check your blood sugar log to see what your daily numbers are. Find any times when your blood sugar falls and you can see the reason – maybe you exercised or skipped a meal. Use this information to better plan your activity and eating habits and prevent low blood sugars. 8. Have the name and number of your doctor where family and close friends can find it fast. <p style="text-align: center;">Please call 1-800-SENTARA (736-8272) to sign up for the “Healthy Living with Diabetes” classes.</p>		