### LOW BLOOD SUGAR (Hypoglycemia)  
### HIGH BLOOD SUGAR (Hyperglycemia)

#### Causes:
- Too much insulin
- Too many diabetes pills
- Too little food
- Skipping meals or delayed meals
- Too much exercise without enough food
- Too much alcohol
- Not enough insulin
- Too much food
- Illness
- Emotional stress
- Not enough fluids

#### Symptoms:
- Hunger
- Shakiness or weakness
- Sweatiness
- Headache
- Confusion
- Rapid heartbeat
- Dizziness
- Frequent hunger
- Frequent thirst
- Frequent urination
- Itchy skin
- Fatigue
- Weight loss
- Blurred vision
- Tingling or numbness in feet
- Slow healing wounds

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**♦ Low blood sugar = blood glucose level less than 70mg/dl**
Some people may experience low blood sugar symptoms at higher levels
Whenever possible, check blood sugar level with glucose meter before giving treatment

**Treatment:**
- Take 3-4 glucose tablets/gel or hard candies or drink 4 oz. juice or regular soda. Wait 15 minutes and recheck your blood sugar. If it is still low or your symptoms do not go away, repeat the treatment.
- When you feel better, eat some food such as bread, crackers, rice or fruit.
- If unconscious, do not give food or drink. Have a trained family member give GLUCAGON shot to stimulate release of glucose from the liver
- If no improvement, call your doctor or 911
- Take diabetes pills or insulin as prescribed
- Follow a diabetic diet
- Weight control
- Exercise
- Seek medical attention immediately if blood sugar is consistently over 300