

LOW BLOOD SUGAR (Hypoglycemia)

Causes:

- Too much insulin
- Too many diabetes pills
- Too little food
- Skipping or delaying meals
- Too much exercise without enough food
- Too much alcohol

Symptoms:

- Hunger
- Shakiness or weakness
- Sweatiness
- Headache
- Confusion
- Rapid heartbeat
- Dizziness

HIGH BLOOD SUGAR (Hyperglycemia)

- Not enough insulin
- Too much food
- Illness
- Emotional stress
- Not enough fluids

- Increased thirst
- Frequent urination
- Itchy skin
- Fatigue
- Weight loss
- Blurred vision
- Tingling or numbness in feet
- Slow healing wounds



- ◆ 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 diabetes diet
- Weight control
- Exercise
- Seek medical attention immediately if blood sugar is consistently over 300