

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Know the Symptoms and How to Help Prevent and Manage It

According to new survey findings, more than half (60%) of people living with diabetes have experienced hypoglycemia, or low blood sugar (glucose), and 81% view it as a significant health concern. In addition, the survey, conducted by the American Association of Diabetes Educators (AADE) and supported by Sanofi US, indicated that respondents were uncertain of how to prevent and manage the condition. Untreated, severe cases of hypoglycemia can have serious health consequences, such as seizure, a loss of consciousness or death.¹

IT'S IMPORTANT TO KNOW ABOUT HYPOGLYCEMIA, THE WARNING SIGNS AND HOW TO MANAGE IT.



What is Hypoglycemia?

People living with type 1 or type 2 diabetes may experience **HYPOGLYCEMIA** when their **BLOOD SUGAR** reaches an abnormally low level, usually 70mg/dL or below. Hypoglycemia can be due to meals or snacks that are too small, delayed or skipped, increased physical activity, drinking alcoholic beverages and/or certain medications.²

Symptoms of Hypoglycemia

Common symptoms of hypoglycemia can include:



Shakiness



Sweating, chills and clamminess



Confusion



Rapid/fast heartbeat



Hunger and nausea



Sleepiness



Headaches

Hypoglycemia can happen even while you sleep. Look out for signs like crying out or nightmares, sweating excessively, and feeling tired, confused or irritable when you wake up.³

Know How to Prevent It

- ✓ Take your diabetes medication as prescribed
- ✓ Eat regular meals and snacks
- ✓ Monitor your blood sugar as directed by your healthcare professional
- ✓ Limit your alcohol intake⁴

Know How to Treat It

Consult with your doctor or diabetes educator to determine the best steps to manage your hypoglycemia. Treatment may include:

- ✓ Consume 15-20 grams of glucose tablets or simple carbohydrates such as fruit juice, soda or hard candy
- ✓ Recheck your blood sugar after 15 minutes; repeat as needed
- ✓ Once blood sugar returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away
- ✓ Call your healthcare provider if low blood sugar continues⁵
- ✓ Keep your glucose tablets or glucagon injection kit on hand in case needed

¹ <http://www.mayoclinic.org/diseases-conditions/hypoglycemia/basics/complications/con-20021103>

² <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.aspx>

³ <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/#symptoms>

⁴ <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/#prevention>

⁵ <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html#sthash.eHLd6Cce.dpuf>

For more information about how a diabetes educator can help you manage your diabetes, or to learn more about the survey results, visit www.diabeteseducator.org

