

How Much Do You Know About Hypoglycemia?

More than 50% of people living with diabetes have experienced **hypoglycemia** (low blood sugar), but some of those individuals may not be aware of having it. Hypoglycemia occurs when **blood sugar falls below 70 mg/dL**. Without immediate treatment, dangerous conditions such as a coma may occur.

Causes of Hypoglycemia



Lack of meal intake throughout the day



Skipped/delayed meals



Consuming alcohol on an empty stomach



Too much insulin or medication side effect



Excessive exercise

Treatment

1



CHECK your blood sugar. If you can't check, treat the symptoms anyway.



2



TREAT by eating or drinking 15 grams of rapidly absorbable carbohydrates, such as:

- 3 or 4 pieces of glucose tablets
- Half a cup of juice or regular soda
- 1 tablespoon of honey or sugar
- 4-5 saltine crackers



3



CHECK AGAIN after 15 minutes. If blood sugar has reached over 70 mg/dL, have a snack or meal to prevent blood sugar from falling.

Symptoms

- Shakiness
- Sweating and chills
- Confusion
- Rapid/fast heartbeat
- Hunger and nausea
- Vomiting
- Fatigue
- Headaches
- Blurred vision
- Irritability

PREVENTION



Take medication as prescribed



Eat meals within 4-5 hours



Avoid alcohol



Monitor your blood sugar level



Ask your doctor to refer you a dietitian if you want to learn more about hypoglycemia.



Call 911 if blood sugar is still below 70 mg/dL after 45 minutes and/or if your situation gets worse.



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