

Low Blood Sugar (Hypoglycemia)

Causes: Too little food, more than five hours from last meal (during waking hours), too much insulin or diabetes medications, too much physical activity or alcohol.

Onset: Sudden. May pass out if untreated.

Blood sugar: Below 70 mg/dl

Symptoms



Shaking



Sweating



Rapid Heartbeat



Headache



Hunger



Weakness, Fatigue



Impaired Vision



Anxious







Irritable



Dizziness

What to do:

<p>1. </p> <p>Check your blood sugar.</p>	<p>2. </p> <p>If below 70, eat or drink something to raise the blood sugar fast.</p> <p>Some examples:</p> <ul style="list-style-type: none"> --½ cup fruit juice (4 oz.) --½ cup (4 oz.) regular soda --1 tablespoon sugar or honey --6 jelly beans --4 glucose tablets 	<p>3. </p> <p>Check your blood sugar in 15 minutes. If it is still below 70, repeat step 2.</p>	<p>4. Eat a snack or meal within 30 minutes.</p> <p> If you have hypoglycemia between meals, eat a heavy snack (½ sandwich with milk, 4-6 crackers with peanut butter and a small apple) or a Glucerna or Choice Bar</p>
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Always carry a fast-acting sugar with you. If you have two lows on the same day or three lows in one week, call your doctor.

Symptoms of High Blood Sugar (Hyperglycemia)

Causes: Too much food, not enough medication, illness, surgery, stress, pain, infection, or steroids.

Onset: Gradual. May progress to Diabetic Ketoacidosis.

Blood Sugar: Above 180 mg/dl

Symptoms



Nausea



Drowsiness



Blurred Vision



Dry Skin



Hunger



Extreme Thirst



Frequent Urination

What to do:



Check your blood sugar



If your blood sugar is above 250mg/dl for two days, call your doctor