

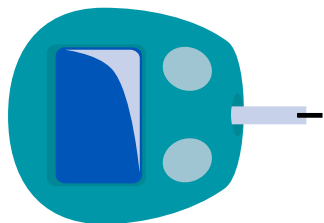
# HYPOGLYCEMIA

## What are the symptoms? And how should I treat it?

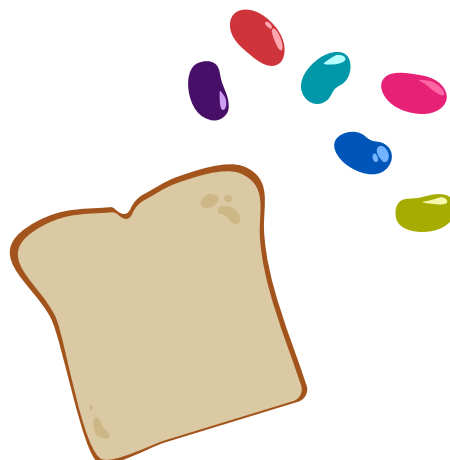
Hypoglycemia, or **low blood sugar**, usually occurs when the blood sugar drops below 70 mg/dl. However, symptoms may occur at higher levels if your blood sugar is dropping quickly. Some people experience no symptoms at all until their blood sugar is well below 70. This is called **hypoglycemia unawareness**.

In general, hypoglycemia comes in three stages: Mild, moderate and severe. However, it doesn't always follow a neat, orderly pattern. You (or your loved one) may "jump stages" so be ready to recognize and treat at any stage.

STAGE	DEFINED AS	SYMPTOMS MAY INCLUDE	TREATMENT
"Mild" Hypoglycemia	Conscious and able to think clearly enough to self-treat with food.	Shaking, sweating, rapid heartbeat, pale skin, intense hunger	See instructions below
"Moderate" Hypoglycemia	Conscious but may not be thinking clearly; can usually self-treat with food.	Confusion, behavior/mood changes, poor coordination, difficulty speaking clearly	See instructions below
"Severe" Hypoglycemia	Conscious or unconscious; unable to self-treat.	May exhibit any of the symptoms noted above, but unresponsive or uncooperative. Seizure may occur.	Call for emergency help; glucagon may be given.



**Check your blood sugar** with a fingerstick meter. Don't rely just on how you feel; high blood sugar or rapidly falling blood sugar can make you feel low. It also helps to know exactly how low you are for proper treatment.



**Choose the right food** – something that raises the blood sugar very quickly...

**In the proper amount** – enough to bring the blood sugar back up to normal. In most cases, 15 grams will do the job. Examples include:

- 1/2 cup (4oz) fruit juice
- 7 saltine crackers
- 6 jelly beans
- 4 glucose tablets
- 1 slice white bread
- 8 pcs candy corn
- 2/3 cup dry cereal
- 1/2 cup (4oz) regular soda
- 5 gumdrops



**Re-Check** your blood sugar with a fingerstick meter 15 minutes after treatment. If your blood sugar has not risen at all, eat again. If it has begun to rise but is not yet above 70 mg/dl, check again in another 15 minutes and treat again if it is still below 70 mg/dl.

If you are skilled at counting grams of carbohydrates, you can match the treatment to the specific situation. The bigger you are and the lower your blood sugar, the more carbs you will need to return the blood sugar to a safe range. To avoid over- or under-treatment, use the chart below as a guide.

BLOOD SUGAR	IF YOU WEIGH <100 LBS.	IF YOU WEIGH 100-199 LBS.	IF YOU WEIGH 200+ LBS.
60-69 mg/dl	8-10g carbs	12-15g carbs	15-20g carbs
50-59 mg/dl	10-12g carbs	15-18g carbs	20-25g carbs
Less than 50	12-15g carbs	18-20g carbs	25-30g carbs

If you use a CGM (continuous glucose monitor), check for "down arrows" when you go to treat your low blood sugar. The faster you are dropping, the more carbohydrates you will need.



With a single down arrow, consider adding 5-10g to your usual treatment.

With multiple down arrows, consider adding 10-20g.