

# HYPOGLYCEMIA


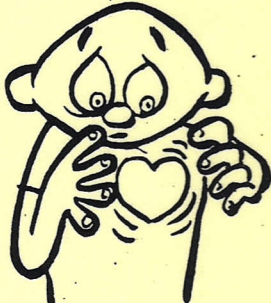
(Low Blood Sugar)









**CAUSES:** Too little food, too much insulin or diabetes medicine, or extra exercise.

**ONSET:** Sudden, may progress to insulin shock.



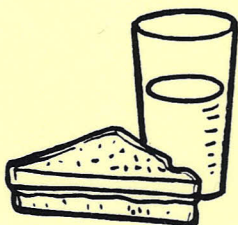
**BLOOD SUGAR:** Below 70 mg/dL.  
Normal range: 70-115 mg/dL.

## SYMPTOMS

 <p><b>SHAKING</b></p>	 <p><b>FAST HEARTBEAT</b></p>
----------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------

 <p><b>SWEATING</b></p>	 <p><b>ANXIOUS</b></p>	 <p><b>DIZZINESS</b></p>	 <p><b>HUNGER</b></p>
 <p><b>IMPAIRED VISION</b></p>	 <p><b>WEAKNESS, FATIGUE</b></p>	 <p><b>HEADACHE</b></p>	 <p><b>IRRITABLE</b></p>

**WHAT CAN YOU DO?**

 <p>Drink a half a cup of orange juice or milk, or eat several hard candies.</p>	 <p><b>TEST BLOOD SUGAR</b> If symptoms don't stop, call your doctor.</p>	 <p>Within 30 minutes after symptoms go away, eat a light snack (half a peanut butter or meat sandwich and a half glass of milk).</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------