

## Topic of the month:

## Hypoglycemia Awareness

### Signs/Symptoms of Hypoglycemia



**SLEEPY**



**SWEATING**



**WEAKNESS  
FATIGUE**



**RESTLESS**



**DIZZINESS**



**SHAKING**



**BLURRED  
VISION**



**HUNGER**

*If you are experiencing the signs of a low blood sugar level, check your blood sugar immediately. If you don't have your meter with you, treat the symptoms anyway.*

### What is Hypoglycemia?

When the amount of blood glucose (sugar in your blood) has dropped below your target range (**less than 4 mmol/L**), it is called low blood glucose or hypoglycemia.

### How do I treat low blood glucose?

**Eat or drink a fast-acting carbohydrate (15 grams):**



4 glucose tablets    3 packets (1 tbs\*) of sugar dissolved in water    175 mL (¾ cup) of juice or regular soft drink    15 mL (1 tbs) of honey

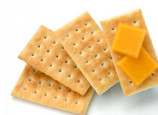
*\*tbs: tablespoon*

- Wait 10 - 15 min then test your blood sugar again. If it is still low (<4 mmol/l) then treat again.
- If your next meal is more than one hour away, or you are going to be active, eat a snack\*. Wait 45 - 60 minutes before driving.

*\*Examples of a snack: 15 g carbohydrate + protein source*



1 slice of bread and peanut butter



Cheese and crackers



½ cup of milk and 2 cookies

### Why is it important to treat low blood glucose?

If your blood glucose drops very low, you may need help from another person. Very low blood glucose can make you:

- Confused and disoriented
- Lose consciousness
- Have a seizure