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Hypoglycemia Treatment - Spanish

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Hypoglycemia Treatment - Spanish

Description

An illustrated handout for diabetics on recognizing the symptoms of low blood sugar (hypoglycemia) and treating it. (Spanish)

Keywords

Diabetes, Hypoglycemia, Low Blood Sugar, Patient Education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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Bajo Nivel de Azúcar

Cuando el azúcar en la sangre está a menos de 70, o si su máquina o medidor dice "Lo" usted podría sentir estos síntomas:



latido del corazón rápido



temblores



mareos



mucha hambre



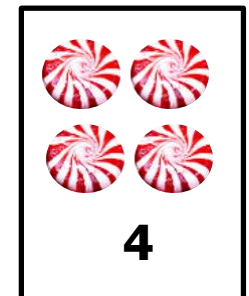
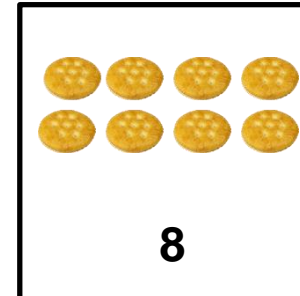
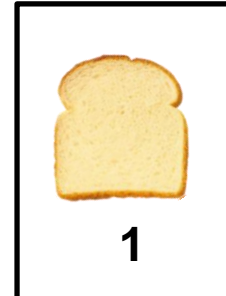
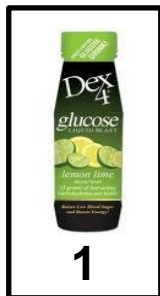
sudores



confusión

¿Que debe usted hacer?

- Para sentirse mejor y no desmayarse, coma 15 gramos de carbohidratos.
- Muchas comidas tienen carbohidratos y todos los carbohidratos aumentan el azúcar.
- Abajo hay algunas cosas que contienen 15 gramos de carbohidratos.



- Mídase el nivel de azúcar otra vez en 15 minutos. →
- Si todavía está menos de 100, coma otros 5 gramos de carbohidratos..

