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Hypoglycemia Treatment - English

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Hypoglycemia Treatment - English

Description

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

Keywords

Diabetes, Hypoglycemia, Low Blood Sugar, Patient Education

Disciplines

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

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Low Blood Sugar

If your blood sugar drops **below 70** or your meter says **Lo** you may feel the following symptoms:



shakiness



rapid heart
beat



dizziness



hunger



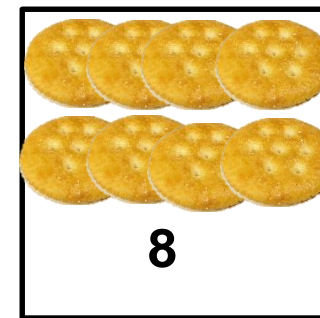
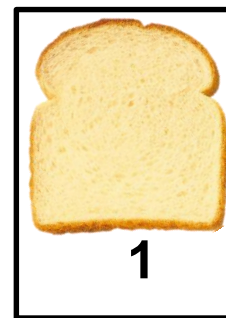
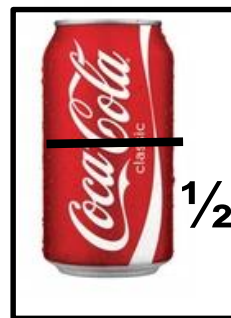
sweating



confusion

What to do?

- To feel better and avoid fainting eat 15 grams of carbohydrate.
- Lots of foods are carbs and all carbs will increase blood sugar. Below are some things that have 15 grams of carbohydrate.



- Check your blood sugar again in 15 minutes. →
- If it is still below 100, then eat another 15 grams of carbohydrate.

