

# THE LOWDOWN ON LOW BLOOD SUGAR

Low blood sugar, or hypoglycemia, causes approximately

100,000

emergency room visits per year in the U.S.

## Could You Be At Risk?

Common risk factors include:



## Know the Signs

Early, milder symptoms can include:

- Nausea, dizziness
- Fast heartbeat
- Sweating, chills
- Clamminess
- Unusual irritability or moodiness

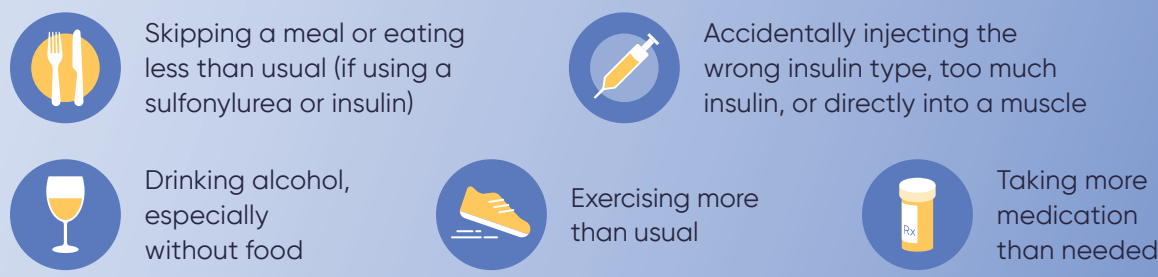


Severe symptoms can include:

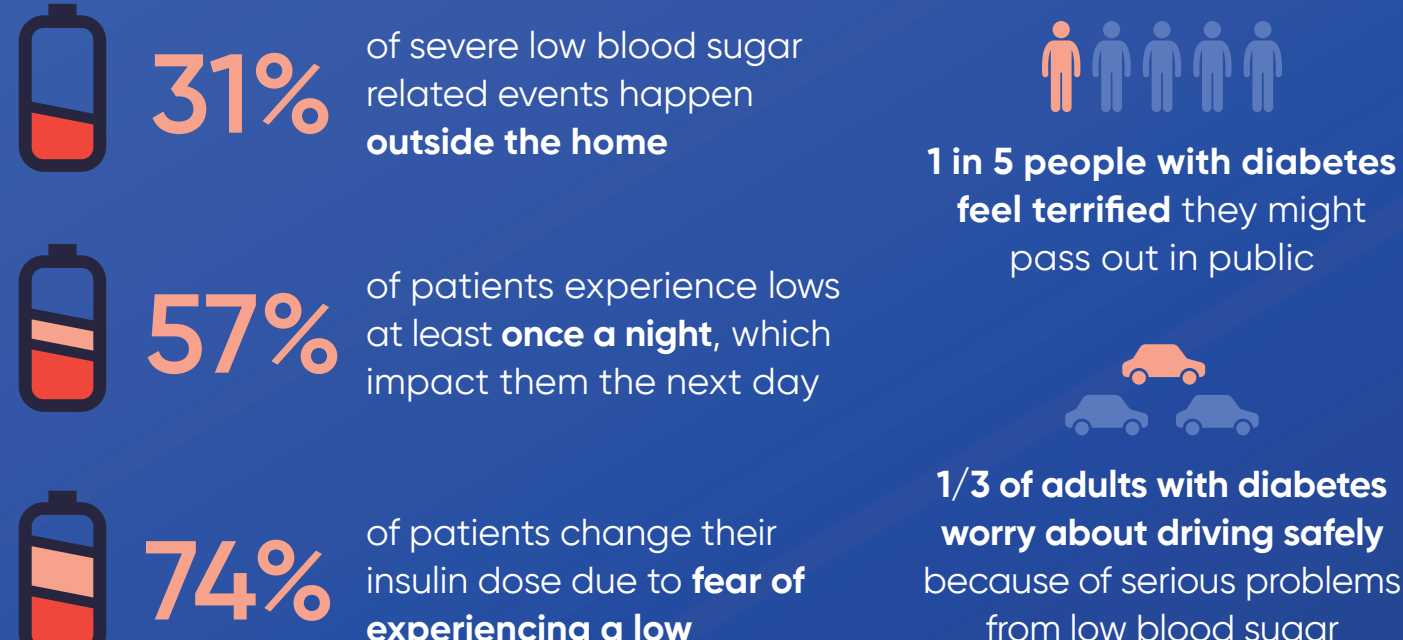
- Blurred/impaired vision
- Coordination problems, clumsiness
- Tingling or numbness in the lips, tongue, or cheeks
- Color draining from the skin
- Seizures
- Confusion



## Common Causes



## The Toll of Low Blood Sugar



## You Can Never Be TOO Prepared

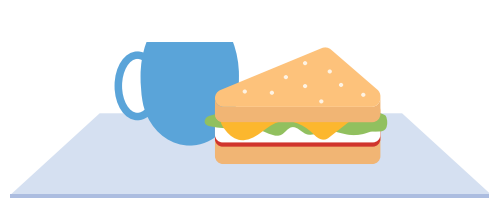


## What To Do If You're Having a Low Blood Sugar Emergency

For mild emergencies:

**Act on the 15-15 Rule.** If your blood sugar is under 70 mg/dl, eat or drink 15 grams of carbohydrates, then check it again after 15 minutes.

To avoid another low, eat a meal or snack when blood sugar is back to normal.



For severe emergencies:

Administer emergency hypoglycemia rescue glucagon therapy, following prescription instructions.

**DO NOT** inject insulin (which will lower your blood sugar more).

## Family, Friends and Support Circle, What Can You Do?



For more information on low blood sugar, and tools to help you talk to your doctor, please visit [bloodsugarlows.com](https://bloodsugarlows.com).

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### SOURCES

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