# 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:** 



Having a diabetes diagnosis. Blood sugar level falling below 70 mg/dl, though this may differ for everyone depending on treatment.



Taking certain diabetes medications may increase your risk of low blood sugar. Talk to your clinician.

nutrition.



Age is a risk factor. Talk to your clinician.

less than usual (if usina a

sulfonylurea or insulin).

Consuming an excessive amount of alcohol.

Increasing your physical

activity without enough

## **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
- Color draining
- VISION
- Coordination problems, clumsiness
- Tingling or numbress in the lips, tongue, or cheeks
- from the skin
- Seizures
- Confusion



## **Common Causes**



Skipping a meal or eating less than usual (if using a sulfonylurea or insulin)



Drinking alcohol, especially

without food



Exercising more

than usual

Accidentally injecting the wrong insulin type, too much insulin, or directly into a muscle



Taking more medication than needed

## The Toll of Low Blood Sugar

1%

of severe low blood sugar related events happen outside the home

of patients experience lows at least once a night, which impact them the next day

of patients change their

experiencing a low

insulin dose due to fear of



1 in 5 people with diabetes feel terrified they might pass out in public



1/3 of adults with diabetes worry about driving safely because of serious problems from low blood sugar

## You Can Never Be TOO Prepared



Check your blood sugar levels regularly, especially:

- · Before and after meals
- · Before and after exercise (or during, if it's a long or intense session)



Tell your loved ones what to do if you experience a low blood sugar emergency

- Before bed



Have a few pieces of hard candy or a sugary drink nearby



Talk to your care team about blood glucose targets and treatment options that are right for you



Keep your medical ID with you



Have an emergency hypoglycemia rescue kit on hand containing prescribed glucagon (any delivery method, e.g. injected or via nasal spray)

## 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.







1/2 cup of juice or regular soda (not diet)

1 tablespoon of sugar or honey

Hard candies, jellybeans or gumdrops



To avoid another low, eat a

meal or snack when blood





#### 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?



Know the signs and symptoms, and when and how to administer help



Learn how to monitor your loved one's blood sugar levels



Always have hard candies on hand



Learn how to administer emergency hypoglycemia rescue glucagon therapy, following prescription instructions (severe cases only)



Call 911 right away if, in your judgement, treatment isn't helping and symptoms



For more information on low blood sugar, and tools to help you talk to your doctor, please visit **bloodsugarlows.com**.

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