



HYPOGLYCEMIA









(Low Blood Sugar)

CAUSES: Too little food, too much insulin or diabetes medicine, or extra exercise.



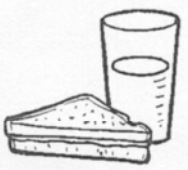
ONSET: Sudden, may progress to insulin shock.

BLOOD SUGAR: Below 70 mg/dL.
Normal range: 70-115 mg/dL.

	
SHAKING	FAST HEARTBEAT

SYMPTOMS			
			
SWEATING	ANXIOUS	DIZZINESS	HUNGER
			
IMPAIRED VISION	WEAKNESS, FATIGUE	HEADACHE	IRRITABLE

WHAT CAN YOU DO?

		
Drink a half a cup of orange juice or milk, or eat several hard candies.	TEST BLOOD SUGAR If symptoms don't stop, call your doctor.	Within 30 minutes after symptoms go away, eat a light snack (half a peanut butter or meat sandwich and a half glass of milk).