

How Much Do You Know About Hypoglycemia?

More than 50% of people living with diabetes have experienced **hypoglycemia** (low blood sugar), but some of those individuals may not be aware of having it. Hypoglycemia occurs when **blood sugar falls below 70 mg/dL**. Without immediate treatment, dangerous conditions such as a coma may occur.

Causes of Hypoglycemia



Lack of meal intake throughout the day



Skipped/delayed meals



Consuming alcohol on an empty stomach



Too much insulin or medication side effect



Excessive exercise

Treatment

1



CHECK your blood sugar. If you can't check, treat the symptoms anyway.



2



TREAT by eating or drinking 15 grams of rapidly absorbable carbohydrates, such as:

- 3 or 4 pieces of glucose tablets
- Half a cup of juice or regular soda
- 1 tablespoon of honey or sugar
- 4-5 saltine crackers



3



CHECK AGAIN after 15 minutes. If blood sugar has reached over 70 mg/dL, have a snack or meal to prevent blood sugar from falling.

Symptoms

- Shakiness
- Sweating and chills
- Confusion
- Rapid/fast heartbeat
- Hunger and nausea
- Vomiting
- Fatigue
- Headaches
- Blurred vision
- Irritability

PREVENTION



Take medication as prescribed



Eat meals within 4-5 hours



Avoid alcohol



Monitor your blood sugar level



Ask your doctor to refer you a dietitian if you want to learn more about hypoglycemia.



Call 911 if blood sugar is still below 70 mg/dL after 45 minutes and/or if your situation gets worse.



To learn more about our medical group, call Member Relations: (415) 590-7418



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您對低血糖有多瞭解？

超過50%的糖尿病患者出現低血糖症狀。其中一些人可能不知道自己的血糖在**70mg/dL以下**屬於**低血糖**。如不立即治療，可能會發生癲癇或昏迷等危險情況。

導致低血糖的原因



整天缺乏膳食



減餐或延遲進餐



空腹喝酒



胰島素過量或藥物副作用



過度運動

治療方法



1 檢查您的血糖：即使無法檢查，也要對低血糖症狀進行治療



2 治療：進食或飲用15克能快速吸收的碳水化合物，例如：

- 3或4塊葡萄糖片
- 半杯果汁或普通蘇打飲料
- 1湯匙蜂蜜或糖
- 4-5 咸餅乾



3 再次檢查血糖：進食15分鐘后再次檢查血糖。如果血糖達到70mg/dL以上，可選擇吃些小吃或就餐以防止血糖再次下降

症狀

- 顫抖
- 出汗和發冷
- 意識混亂
- 心跳加速
- 飢餓/噁心
- 嘔吐
- 疲勞
- 頭痛
- 視綫模糊
- 易怒

預防



按照指示服用糖尿病藥物



每隔4-5小時要進食



避免攝入酒精



監測您的血糖水平



如果您想了解更多有關控制低血糖的方法，請諮詢您的營養師。



如果45分鐘後血糖仍低於70mg / dl，並且/或者情況變得更惡劣，請致電911。



要了解我們的醫療集團，請致電會員服務部：(415) 590-7418



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