




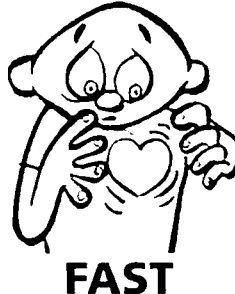



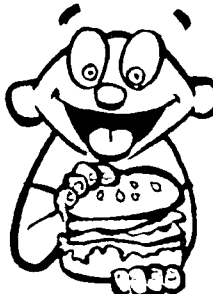



HYPOGLYCEMIA

(Low Blood Glucose)

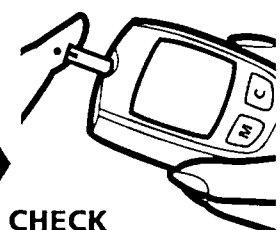
Causes: Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden; may pass out if untreated.

SYMPTOMS:

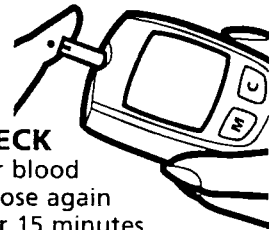
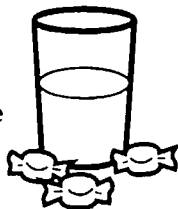
		 <p>SHAKY</p>	 <p>FAST HEARTBEAT</p>
 <p>SWEATING</p>	 <p>DIZZY</p>	 <p>ANXIOUS</p>	 <p>HUNGRY</p>
 <p>BLURRY VISION</p>	 <p>WEAKNESS OR FATIGUE</p>	 <p>HEADACHE</p>	 <p>IRRITABLE</p>

WHAT CAN YOU DO?



CHECK your blood glucose, right away. If you can't check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

Novo Nordisk® Pharmaceuticals, Inc. grants permission to reproduce this piece for non-profit educational purposes only on condition that the piece is maintained in its original format and that the copyright notice is displayed. Novo Nordisk® Pharmaceuticals, Inc. reserves the right to revoke this permission at any time.