

Hypoglycemia

What are the Symptoms of Hypoglycemia?

- **Hypoglycemia**- Low Blood Sugar
- **Symptoms**- Headache, Sleepy, Confused, Numb Fingers or Lips, Nervous, Very Hungry, Sweaty, Shaky, Weakness, Heart Pounding, Grouchy, Light-headed, Anxiety, Unconsciousness, Coma
- **Low Blood Sugar (Less than 7 mg/dl)**- take 1/2 cup Juice, 1/2 can Regular Soda, 1 cup Skim or Lowfat Milk, 3 or 4 Glucose Tablets, 1 Tube Glucose Gel (15 grams)



- **Wait 15 Minutes**- Check Blood Sugar Again, Repeat if less than 100 mg/dl or if you do not feel better repeat the above
- **When Feel Better**- Eat 1/2 Sandwich & Drink 1/2 cup Low fat Milk

Facts:

- **Normal Levels**- 70 to 110 mg./dl.
- **Brain**- Organ Most Sensitive to Low Blood Sugar
- **Alcohol Consumption**- can cause Hypoglycemia as well as Prolong Fasting



What do I need to do?

- **See your Health Care Provider**- if you do not feel better in 30 Minutes or if your Blood Sugar Stays Low
 - **Acarbose/Precose**- treat with glucose gel or tablets
- **See a Registered Dietitian**- for more information about foods to include and exclude in the diet plan
 - **Avoid**- sweets as cakes, pies, pastries, most all desserts made with sugar
 - **Recommend**- fresh fruits for dessert or sugar free foods, fresh vegetables, whole grain breads and cereals, meats that are broiled, boiled, baked, roasted, stewed, grilled or stir-fried

