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.

SYMPTOMS

SHAKING

FAST HEARTBEAT

SWEATING

ANXIOUS

DIZZINESS

HUNGER

IMPAIRED VISION

WEAKNESS, FATIGUE

HEADACHE

IRRITABLE

WHAT CAN YOU DO?

Drink 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).
HYPERGLYCEMIA
(High Blood Sugar)

CAUSES: Too much food, too little insulin, illness or stress.

ONSET: Gradual, may progress to diabetic coma.

BLOOD SUGAR: Above 200 mg/dL.
Acceptable range: 115-200 mg/dL.

SYMPTOMS

EXTREME THIRST

FREQUENT URINATION

DROWSINESS

BLURRED VISION

DRY SKIN

HUNGER

NAUSEA

WHAT CAN YOU DO?

TEST BLOOD SUGAR

If over 250 mg/dL for several tests CALL YOUR DOCTOR