









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 |

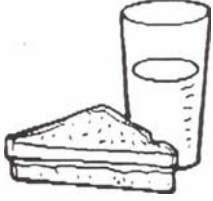
WHAT CAN YOU DO?



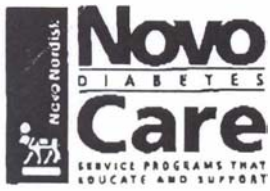
Drink a cup of orange juice or milk, or eat several hard candies.



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).



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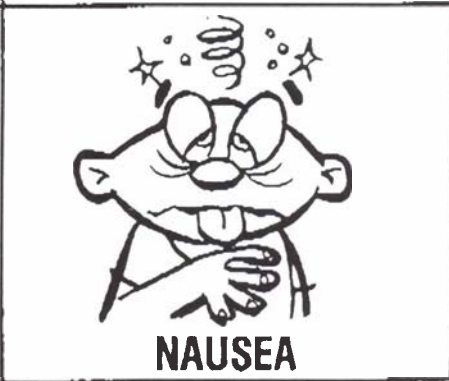
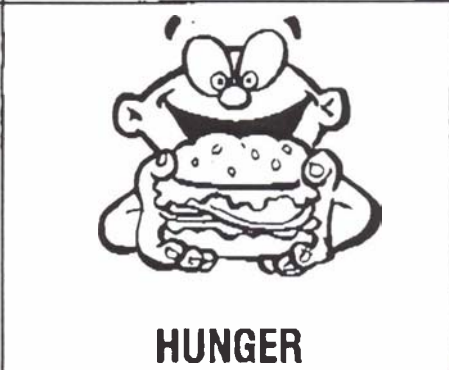
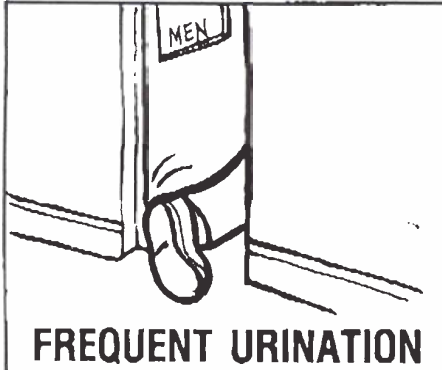
CAUSES: Too much food, too little insulin, illness or stress.

ONSET: Gradual, may progress to diabetic coma.

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



SYMPTOMS



**WHAT
CAN
YOU
DO?**

