

HYPOGLYCEMIA

(Low Blood Sugar)

CAUSES: Too little food, too much insulin or diabetes medicine, or extra exercise.


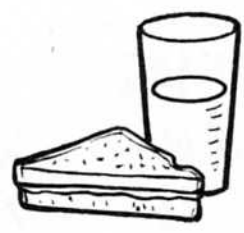
ONSET: Sudden, may progress to insulin shock.

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?

 <p>Drink a half a cup of orange juice or milk, or eat several hard candies.</p>	 <p>TEST BLOOD SUGAR If symptoms don't stop, call your doctor.</p>	 <p>Within 30 minutes after symptoms go away, eat a light snack (half a peanut butter or meat sandwich and a half glass of milk).</p>
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