



Symptoms of Low Blood Sugar (Hypoglycemia):

- ✓ Dizzy
- ✓ Blurred Vision
- ✓ Headache
- ✓ Shaky
- ✓ Fast heart beat
- ✓ Sweaty
- ✓ Irritable
- ✓ Tired

Diabetes Education

If you take insulin or diabetes medicines by mouth, your blood sugar may drop too low. This can occur very quickly, and is called **HYPOGLYCEMIA**. A low blood sugar is less than 70mg/dL. Although it is better to know your blood sugar before it drops, you might feel your blood sugar dropping. However, everyone reacts differently and some people **DO NOT** feel these symptoms until their blood sugar is well below 70 mg/dL.



Low Blood Sugar

Low Blood Sugar (Hypoglycemia):

Causes of Low Blood Sugar:

- Too much insulin or taking diabetes medicines by mouth
- More exercise or activity than usual
- Not eating enough food or skipping a meal
- Drinking alcohol without enough food

How to Prevent Low Blood Sugar:

- Eat at regular times – don't skip meals
- **ONLY** drink alcohol with food
- Take medicine as prescribed
- Know your blood sugar before your exercise
- If your blood sugar is **LOW**, eat carbohydrates before exercising for more than 30 minutes
- Record your blood sugars to see patterns or trends
- Always carry glucose tablets or a fast acting source of carbohydrates such as fruit juice
- Wear easily seen identification that says you have diabetes
- If you take insulin, ask your doctor about having glucagon on hand to treat low blood sugars



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Low Blood Sugar

Treat Low Blood Sugar Using the "Rule of 15":

1. Take 15 GRAMS of Carbohydrate
2. Wait 15 Minutes

Know Your ABC's of Diabetes:

(Reach Your GOALS)

- A** ✓ EVERY 3-6 MONTHS
- **A1c:** Below 7%
- B** ✓ EVERY VISIT
- **Blood Pressure:** Below 130/80mmHg
- C** ✓ ONCE A YEAR
- **Cholesterol:**
LDL: Below 100mg/dL
HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

⊙ Blood Glucose Targets:

- Fasting, 90-130mg/dL
- 2 Hours after eating, Less Than 180mg/dL

What Happens If My Blood Sugar Drops Too Low?

Untreated **LOW** Blood Sugars are dangerous because the following can happen:

- Loss of consciousness
- Seizures or convulsions
- Death
- If you have more than one low blood sugar in a week that you *CANNOT* explain, contact your doctor.

Treat Low Blood Sugar Using the "Rule of 15":

1. Take 15 Grams of Carbohydrate. Choose ONE:

- 3-4 glucose tablets
- 4-6 ounces fruit juice or regular soda
- 1 cup (8 ounces) skim or 1% milk



Rule of 15 →

2. Wait 15 Minutes:

- Recheck blood sugar (*should be above 70mg/dL*)
- Repeat if blood sugar has not increased
- After 2 treatments with carbohydrates, if blood sugar is *NOT* above 70mg/dL, **CALL** your doctor or 911

Note: If your blood sugar returns to normal, but it will be more than 30 minutes until your next meal, eat a snack that contains protein and 15 grams of carbohydrate (*such as 1/2 sandwich*).

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