

THE LOWDOWN ON LOW BLOOD SUGAR

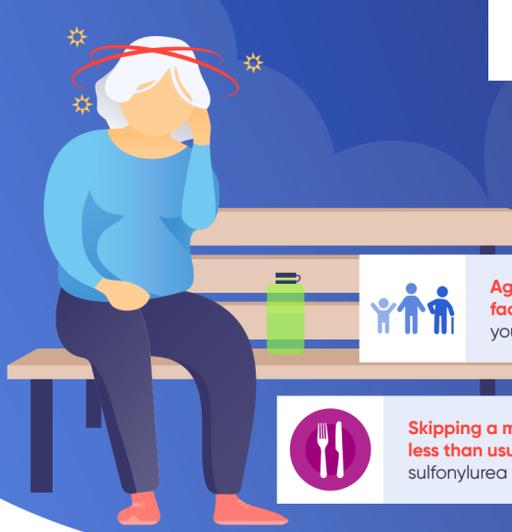
Low blood sugar, or hypoglycemia, causes approximately

100,000

emergency room visits per year in the U.S.

Could You Be At Risk?

Common risk factors include:



-  **Having a diabetes diagnosis.** Blood sugar level falling below 70 mg/dl, though this may differ for everyone depending on treatment.
-  Taking **certain diabetes medications** may increase your risk of low blood sugar. Talk to your clinician.
-  **Age is a risk factor.** Talk to your clinician.
-  **Increasing your physical activity** without enough nutrition.
-  **Skipping a meal or eating less than usual** (if using a sulfonylurea or insulin).
-  Consuming an **excessive amount of alcohol.**

Know the Signs

Early, milder symptoms can include:

- Nausea, dizziness
- Fast heartbeat
- Sweating, chills
- Clamminess
- Unusual irritability or moodiness



Severe symptoms can include:

- Blurred/impaired vision
- Coordination problems, clumsiness
- Tingling or numbness in the lips, tongue, or cheeks
- Color draining from the skin
- Seizures
- Confusion



Common Causes

-  Skipping a meal or eating less than usual (if using a sulfonylurea or insulin)
-  Accidentally injecting the wrong insulin type, too much insulin, or directly into a muscle
-  Drinking alcohol, especially without food
-  Exercising more than usual
-  Taking more medication than needed

The Toll of Low Blood Sugar

-  **31%** of severe low blood sugar related events happen **outside the home**
-  **57%** of patients experience lows at least **once a night**, which impact them the next day
-  **74%** of patients change their insulin dose due to **fear of experiencing a low**
-  **1 in 5 people with diabetes** feel terrified they might pass out in public
-  **1/3 of adults with diabetes** worry about driving safely because of serious problems from low blood sugar

You Can Never Be TOO Prepared

-  Check your blood sugar levels regularly, especially:
 - Before and after meals
 - Before and after exercise (or during, if it's a long or intense session)
 - Before bed
-  Tell your loved ones what to do if you experience a low blood sugar emergency
-  Have a few pieces of hard candy or a sugary drink nearby
-  Talk to your care team about blood glucose targets and treatment options that are right for you
-  Keep your medical ID with you
-  Have an emergency hypoglycemia rescue kit on hand containing prescribed glucagon (any delivery method, e.g. injected or via nasal spray)

What To Do If You're Having a Low Blood Sugar Emergency

For mild emergencies:

Act on the 15-15 Rule. If your blood sugar is under 70 mg/dl, eat or drink 15 grams of carbohydrates, then check it again after 15 minutes.

To avoid another low, eat a meal or snack when blood sugar is back to normal.

-  1/2 cup of juice or regular soda (not diet)
-  1 tablespoon of sugar or honey
-  Hard candies, jellybeans or gumdrops



For severe emergencies:

Administer emergency hypoglycemia rescue glucagon therapy, following prescription instructions.

DO NOT inject insulin (which will lower your blood sugar more).

Family, Friends and Support Circle, What Can You Do?

-  Know the signs and symptoms, and when and how to administer help
-  Learn how to monitor your loved one's blood sugar levels
-  Always have hard candies on hand
-  Learn how to administer emergency hypoglycemia rescue glucagon therapy, following rescue instructions (severe cases only)
-  Call 911 right away if, in your judgement, treatment isn't helping and symptoms aren't improving

For more information on low blood sugar, and tools to help you talk to your doctor, please visit bloodsugarlows.com.

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SOURCES

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