

Underlying causes for hypoglycemia

- Overdose of insulin or diabetes tablets
- Reduced size of a meal
- Missing meals or improper gap between meals
- Delaying or not taking meals after an insulin dose
- Excessive alcohol use
- Excessive physical exercise
- Inability to take meals due to an intercurrent illness

How to avoid hypoglycemia and ensure your safety?

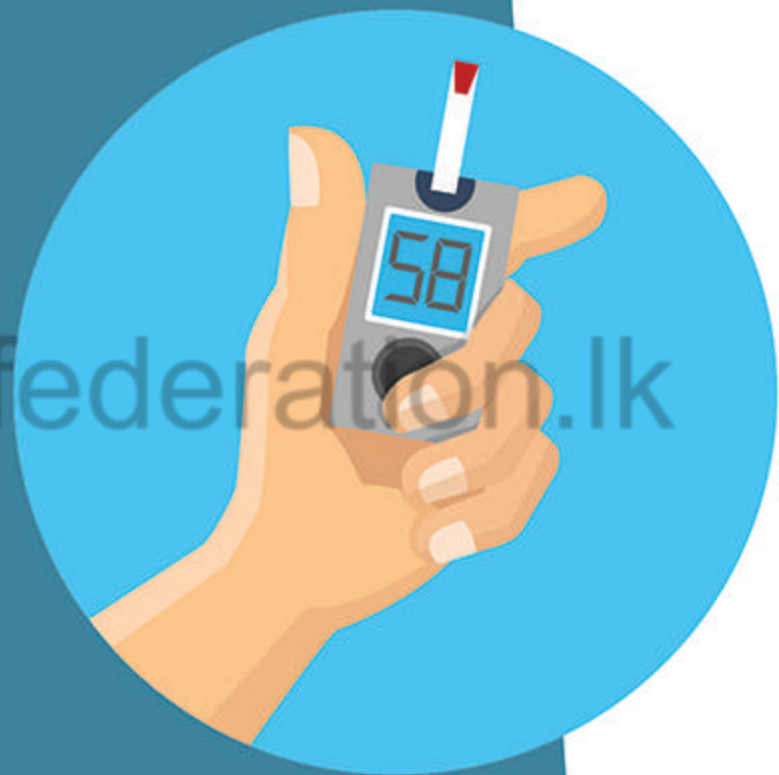
- Avoid the above causative factors
- Always try to keep some sugary food item with you, to use in case of hypoglycemia
- Educate your family members, friends, co-workers regarding the immediate actions to be taken in a hypoglycemic episode
- If you are an insulin user, checking your blood sugar with a glucometer before activities such as driving and swimming will help ensure your safety.

Driving and hypoglycemia

- Be vigilant about your diabetes if you are a driver.
- It is advisable to check your blood sugar level with a glucometer, before you start driving (it should be more than 90 mg/dl (5mmol/l)).
- It is recommended to check your blood sugar every 2-3 hours during long distance driving.
- You should especially be careful about this if you are an insulin user.
- If you develop any symptoms suggestive of hypoglycemia while driving, stop the vehicle immediately and act as described above.
- You should restart driving only when you feel completely normal. It will save your life, as well as others.

Hypoglycemia

(Abnormally low blood sugar level)



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When the blood sugar value falls less than 70mg/dl (4mmol/L), it is called hypoglycemia. As a result, there will be an inadequate glucose supply to the brain which will result in dreadful consequences.

Symptoms of hypoglycemia



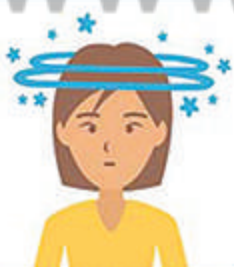
Drowsiness/ faintishness



Excessive sweating



Palpitations/tremors



Headache/
slurring of speech



Abnormal behavior






Excessive hunger

In such an occasion, you should immediately check your blood sugar if you have a glucometer. Hypoglycemia is confirmed if the blood sugar values are below the above mentioned values. If you do not possess a glucometer, you should consider it as a hypoglycemic episode and act according to the following advice.

What should you do in hypoglycemia?

1) Immediately take a food item given below

- 2 tea spoons of glucose OR 
- 2 tea spoons of sugar OR 
- 2 tea spoons of jam 

2) You should wait for 10 minutes for any improvement in your symptoms. If you have a glucometer you can recheck your blood sugar values and see whether it has risen to more than 70mg/dl. If it remains less than 70 mg/dl (4mmol/l), you can repeat the above procedure.

3) If your blood sugar level has increased more than 70mg/dl (4mmol/l) and if there is a long time gap for your next main meal you can consume a following snack.



• 2 biscuits



• Small banana



• One slice of bread

How to manage an unconscious person due to hypoglycemia?

Immediately take the patient to a doctor or the nearest hospital (While transferring the patient you can apply some glucose or sugary solution inside the oral cavity).

