

LOW BLOOD SUGAR (Hypoglycemia)

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Causes:

- Too much insulin
- Too many diabetes pills
- Too little food
- Skipping meals or delayed meals
- Too much exercise without enough food
- Too much alcohol

- Not enough insulin
- Too much food
- Illness
- Emotional stress
- Not enough fluids

Symptoms:

- Hunger
- Shakiness or weakness
- Sweatiness
- Headache
- Confusion
- Rapid heartbeat
- Dizziness

- Frequent hunger
- Frequent thirst
- Frequent urination
- Itchy skin
- Fatigue
- Weight loss
- Blurred vision
- Tingling or numbness in feet
- Slow healing wounds

◆ Whenever possible, check blood sugar level with glucose meter before giving treatment

Treatment:

- Take 2-3 glucose tablets/gel or hard candies or drink 4 oz. juice or regular soda. Wait for 10 minutes, then eat some food such as bread, crackers, rice or fruit
- If no response to above treatment, have a trained family member give GLUCAGON shot to stimulate release of glucose from the liver
- If no improvement, call your doctor or 911

- Take diabetes pills or insulin as prescribed
- Follow a diabetic diet
- Weight control
- Exercise
- Consult your doctor or nurse on how to manage diabetes during days when are you ill

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