Hypoglycemia

What are the Symptoms of Hypoglycemia?

- Hypoglycemia- Low Blood Sugar
- <u>Symptoms</u>- Headache, Sleepy, Confused, Numb Fingers or Lips, Nervous, Very Hungry, Sweaty, Shaky, Weakness, Heart Pounding, Grouchy, Lightheaded, Anxiety, Unconsciousness, Coma
- Low Blood Sugar (Less than 7 mg/dl) take 1/2 cup Juice, 1/2 can Regular Soda, 1 cup Skim or Lowfat Milk, 3 or 4 Glucose Tablets, 1 Tube Glucose Gel
 (15 grams)



- Wait 15 Minutes- Check Blood Sugar Again, Repeat if less than 100 mg/dl or if you do not feel better repeat the above
- When Feel Better- Eat 1/2 Sandwich & Drink 1/2 cup Low fat Milk

Facts:

- Normal Levels- 70 to 110 mg./dl.
- Brain- Organ Most Sensitive to Low Blood Sugar
- <u>Alcohol Consumption</u>- can cause Hypoglycemia as well as Prolonge Fasting



What do I need to do?

- <u>See your Health Care Provider</u>- if you do not feel better in 30 Minutes or if your Blood Sugar Stays Low
 - Acarbose/Precose- treat with glucose gel or tablets
- <u>See a Registered Dietitian</u>- for more information about foods to include and exclude in the diet plan
 - <u>Avoid</u>- sweets as cakes, pies, pastries, most all desserts made with sugar
 - <u>Recommend-</u> fresh fruits for dessert or sugar free foods, fresh vegetables, whole grain breads and cereals,

meats that are broiled, boiled, baked, roasted, _stewed, grilled or stir-fried



