



HYPOGLYCEMIA (LOW BLOOD SUGAR)

Aster
HOSPITAL

We'll Treat You Well

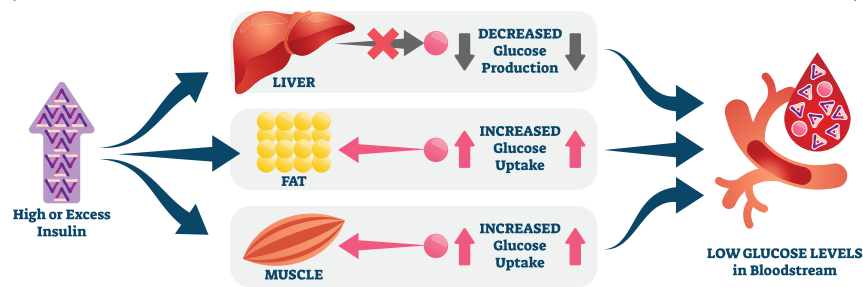
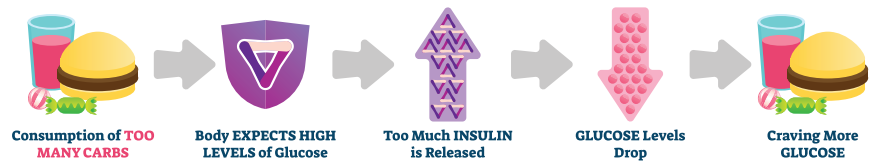


Digital Version

HYPOGLYCEMIA

Low Blood Glucose

HYPOGLYCEMIA, Also Known as LOW BLOOD SUGAR, is when Blood Sugar Decreases to Below Normal Levels



WHAT IS HYPOGLYCEMIA?

People living with type 1 or type 2 diabetes may experience HYPOGLYCEMIA when their BLOOD SUGAR reaches an abnormally low level, usually 70mg/dL or below. Hypoglycemia can be due to meals or snacks that are too small, delayed or skipped, increased physical activity, drinking alcoholic beverages and/or certain medications.

SYMPTOMS OF HYPOGLYCEMIA

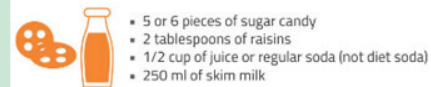
Common symptoms of hypoglycemia can include:



Hypoglycemia can happen even while you sleep. Look out for signs like crying out or nightmares, sweating excessively, and feeling tired, confused or irritable when you wake up.

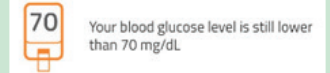
KNOW HOW TO TREAT IT

• Check your blood glucose. If it is lower than 70 mg/dl, eat or drink 15 grams of carbohydrates. If you can't check your blood glucose rightaway, eat or drink 15 grams of carbohydrates just to be safe.



- Wait 15 minutes.
- That's how long it takes for sugar to get into the blood.
- Check your blood glucose again.

- Repeat steps if



- If your blood glucose is still lower than 70mg/dl after you check it three times, please consult your doctor immediately.

KNOW HOW TO PREVENT IT

- Take your diabetes medication as prescribed
- Eat regular meals and snacks
- Monitor your blood sugar as directed by your healthcare professional
- Limit your alcohol intake



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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