

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:



Know the Signs

Early, milder symptoms can include:

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

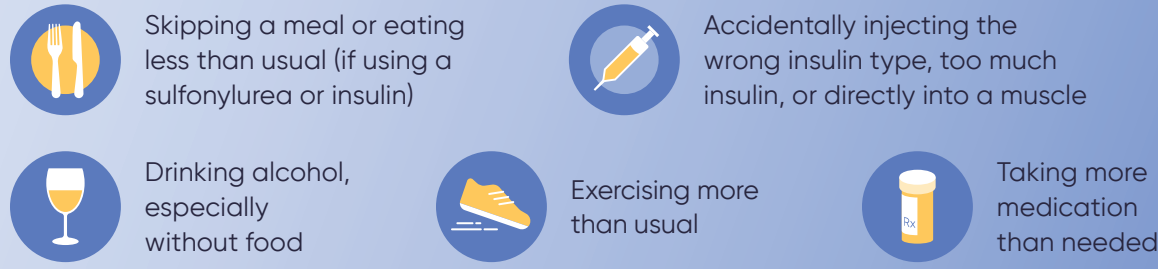


Severe symptoms can include:

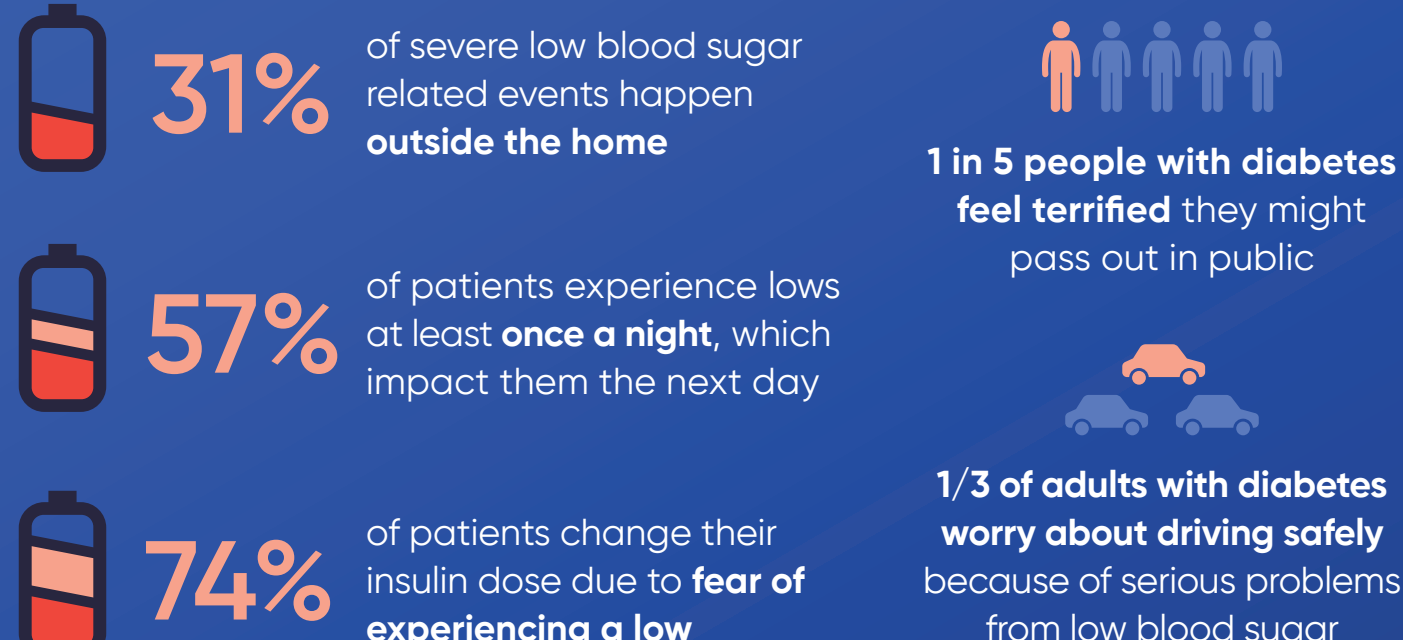
- Blurred/impaired vision
- Coordination problems, clumsiness
- Tingling or numbness in the lips, tongue, or cheeks
- Color draining from the skin
- Seizures
- Confusion



Common Causes



The Toll of Low Blood Sugar



You Can Never Be TOO Prepared

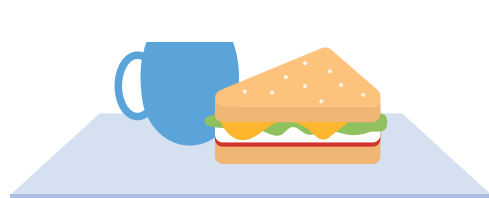


What To Do If You're Having a Low Blood Sugar Emergency

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.



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?



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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