HYPOGLYCEMIA RECOGNITION AND TREATMENT

Hypoglycemia is the decline of sugar level (glucose) in the blood below the normal range, that is less than 70 mg/dl*. It is one of the most common complications in diabetes.

Knowing SIMPLE RULES allows those who are ill and their families to deal with this situation in the best way.

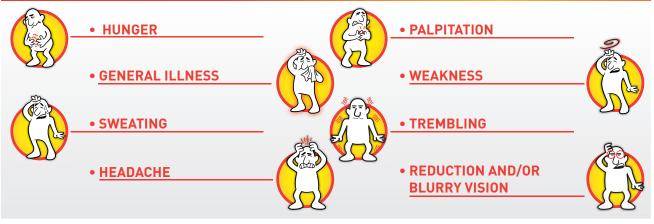
* The sugar level in the blood is expressed in milligrams (mg) per deciliter (dl).

WHAT CAUSES IT

- Overdosage of insulin
- Overdosage of hypoglycemic drugs
- Insufficient/delayed/missed meal
- Omission of snacks
- Vigorous exercise or non compensated food supply
- Assumption of alcohol with an empty stomach or in excess

IF YOU AVOID THESE ERRORS, YOU CAN PREVENT HYPOGLYCEMIA

IDENTIFY THE SYMPTOMS



HOW TO HANDLE IT

DO NOT PANIC and do not eat too much!!

Home **MONITORING OF BLOOD SUGAR** with a fingerstick sample, if possible.

If the blood sugar is below 70 mg/dl, **USE THE RULES OF 15:**

1. **TAKE 15 GRAMS** of rapid absorbing carbohydrates (ex. simple sugar or fruit juices).

15 gr OF RAPID ABSORBING CARBOHYDRATES CAN BE FOUND IN: 2 sachets of sugar, ½ can of coca cola, 200 ml of fruit juice

2. WAIT for 15 minutes and CHECK the blood sugar.

3. If the blood sugar did not increase by 50mg/dl, **TAKE AN-OTHER 15 GRAMS** of rapid absorbing carbohydrates such until the blood sugar will not exceed 100.

REMEMBER:

- AVOID EATING CHOCOLATE AND CANDIES because it takes too much time in order for the blood sugar to increase.
- DO NOT CONSUME DRINKS WITH "LIGHT".
- IF THE BLOOD SUGAR IS ABOVE 100 mg/dl but you have the symptoms of hypoglycemia it is advised to take complex carbohydrates like cracker, breadsticks, rusk - tea or fruit.
- IF YOU CANNOT MONITOR WITH A FINGERSTICK SAMPLE but you have the symptoms of hypoglycemia follow also the rules of 15.

RECCOMENDATIONS

If you are diabetic **ALWAYS BRING WITH YOU SOME SACHET OF SUGAR AND THE FINGERSTICK SAMPLE FOR SELF MONITORING** so as not to find yourself unprepared in times of emergency.

If experiencing hypoglycemic symptoms **DO NOT GET TO DRIVE** and, if driving, **STOP AT ONCE!** Then measure the blood sugar and in case correct it according to the described rules.

IN THE EVENT OF UNCONSCIOUSNESS DUE TO HYPOGLYCEMIA CALL IMMEDIATELY 118.