

WHAT YOU NEED TO KNOW ABOUT LOW BLOOD SUGAR

Hypoglycemia (low blood sugar) happens if your blood glucose drops too low. It can come on fast. It's caused by taking too much diabetes medicine, missing a meal, delaying a meal, exercising more than usual, or drinking too much alcohol. Sometimes, medicines you take for other health problems can cause blood glucose to drop.

Hypoglycemia can make you feel weak, confused, irritable, hungry, or tired. You may sweat a lot or get a headache. You may feel shaky. If your blood glucose drops lower, you could pass out or have a seizure.

If you have any of these symptoms, check your blood glucose. If the level is 70 or below, have one of the following right away.

- 2 or 3 glucose tablets
- ½ cup (4oz.) of any fruit juice
- A piece of fruit or a small box of raisins
- ½ cup (4oz.) of a regular (not diet) soft drink
- 5 or 6 pieces of hard candy
- 1 or 2 teaspoons of sugar or honey