

HYPOGLYCEMIA

(low blood sugar)

CAUSES: too little food, too much insulin or excessive exercise.

ONSET: sudden, can quickly progress to insulin shock.

BLOOD SUGAR: below 70 mg/dL
normal range: 70-115 mg/dL

SYMPTOMS



SHAKING



FAST HEARTBEAT



SWEATING



ANXIETY



DIZZINESS



HUNGER



IMPAIRED VISION



WEAKNESS

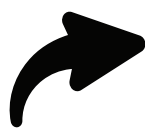


HEADACHE



IRRITABILITY

*What you
can do*



treat with fast acting glucose, juice or soda
sit down, rest and recheck in 15 minutes
if unresponsive administer glucagon and call 911

HYPERGLYCEMIA

(high blood sugar)

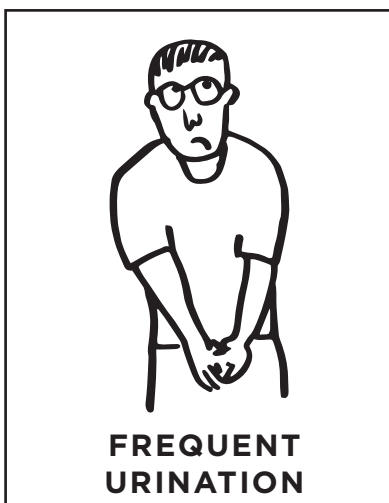
CAUSES: too much food, too little insulin, illness or stress

ONSET: usually gradual, can progress to a diabetic coma

BLOOD SUGAR: above 200 mg/dL normal range: 115-200 mg/dL



SYMPTOMS



What you can do



test blood sugar

drink water and follow sick day protocol

CALL YOUR DOCTOR if you have any concerns