


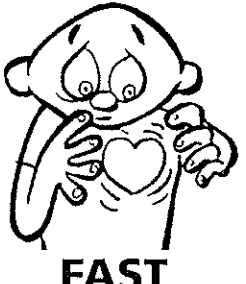








# HYPOGLYCEMIA

## (Low Blood Glucose)

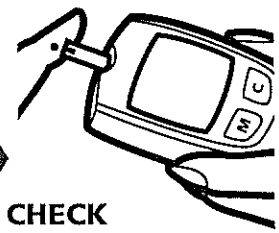
**Causes:** Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden; may pass out if untreated.

### SYMPTOMS:

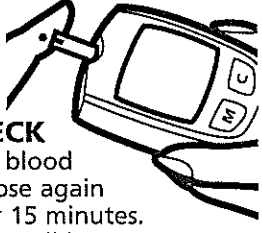
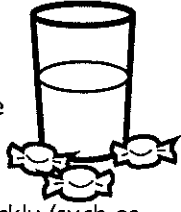
		 <p><b>SHAKY</b></p>	 <p><b>FAST HEARTBEAT</b></p>
 <p><b>SWEATING</b></p>	 <p><b>DIZZY</b></p>	 <p><b>ANXIOUS</b></p>	 <p><b>HUNGRY</b></p>
 <p><b>BLURRY VISION</b></p>	 <p><b>WEAKNESS OR FATIGUE</b></p>	 <p><b>HEADACHE</b></p>	 <p><b>IRRITABLE</b></p>

### WHAT CAN YOU DO?



**CHECK** your blood glucose, right away. If you can't check, treat anyway.

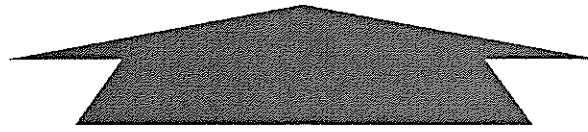
**TREAT** by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



**CHECK** your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

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# HYPERGLYCEMIA

(High Blood Glucose)

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly. May lead to a medical emergency if not treated.

**EXTREME THIRST**

## SYMPTOMS:

**NEED TO URINATE OFTEN**

**DRY SKIN**

**HUNGRY**

**BLURRY VISION**

**DROWSY**

**SLOW-HEALING WOUNDS**

**WHAT CAN YOU DO?**

**CHECK BLOOD GLUCOSE**

If your blood glucose levels are higher than your goal for 3 days and you don't know why,

**CALL YOUR HEALTHCARE PROVIDER**

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