

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:



SHAKY



FAST HEARTBEAT



SWEATING



DIZZY



ANXIOUS



HUNGRY



BLURRY VISION



WEAKNESS OR FATIGUE

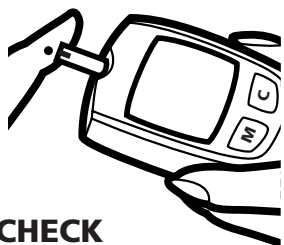


HEADACHE



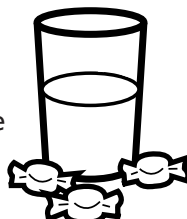
IRRITABLE

WHAT CAN YOU DO?

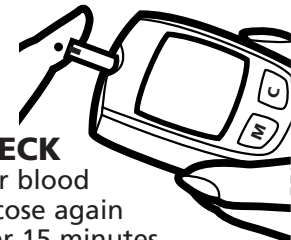


CHECK your blood glucose, right away. If you can't check, treat anyway.

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.



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

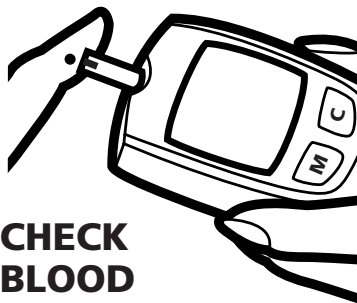


DROWSY



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

