

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:



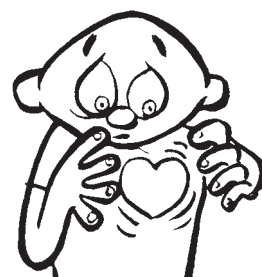
SWEATING



DIZZY



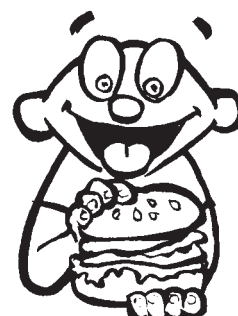
SHAKY



**FAST
HEARTBEAT**



ANXIOUS



HUNGRY



**BLURRY
VISION**



**WEAKNESS
OR FATIGUE**

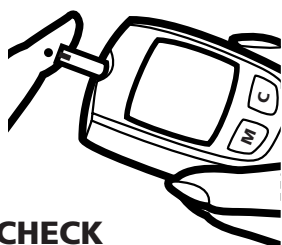


HEADACHE



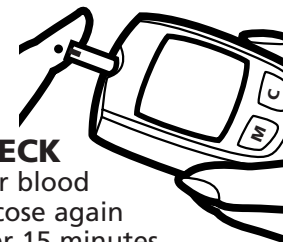
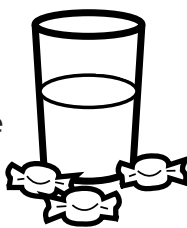
IRRITABLE

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

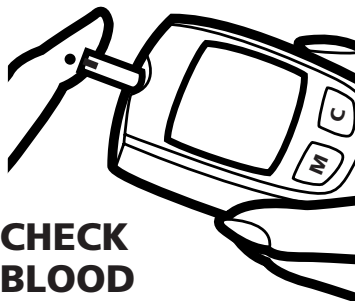


DROWSY



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

