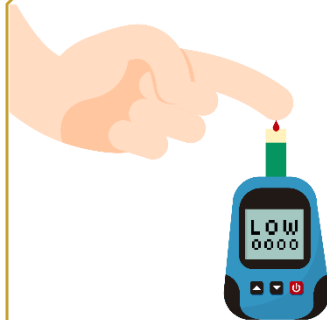




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Hypoglycemia



When does low blood sugar occur?

Glucose (sugar) is the main energy source in the body, and it helps in providing the energy needed to perform the activities of the body.

The **normal range** for the blood sugar level ranges from **70-120 mg / dl**. **Hypoglycemia occurs** when the blood sugar (glucose) level is so low to **less than 70 mg / dL** (milligrams of glucose per deciliter of blood).



What are the causes of hypoglycemia?

1. Inadequate food or meals delay



2. A sudden increase in physical activity or exercises over the normal range.



3. Overdose of insulin or oral pills, to reduce the level of glucose in the blood without consulting a doctor.



4. Insulin inadequate to diets.



5. Practicing of physical activities at a time of maximum insulin effectiveness.



What are the symptoms of hypoglycemia?

The symptoms affect the brain because sugar is the main food source for the brain, and they include:

Difficulty concentrating and slurred speech

Nervousness, abnormal behavior, and mood changes

Blurred vision

Headache and severe dizziness

Coma and convulsions



Symptoms affect the body in general:

1. Shivering, sweating profusely, and face paleness



2. Feeling of numbness in the limbs and around the lips



3. Inability to sleep and heart palpitations



4. Hunger and a sense of nausea



5. Fatigue and lethargy



6. Low body temperature



What are the degrees of hypoglycemia?

- Mild Hypoglycemia:

When blood sugar is lower than 65-75 mg / dL

- Moderate Hypoglycemia:

When the blood sugar level is less than 55-65 mg / dL

- Severe Hypoglycemia:

It occurs when the blood sugar level is below 55 mg / dL.



Does it occur during sleep?

Yes, it is possible with the following symptoms:

1. Crying, bad dreams and nightmares.
2. Feeling tired and disoriented when waking up.
3. Get the bed and clothes wet when wake up.
4. High blood sugar in the morning.
5. Headache when waking up.



How to avoid it during sleeping?

Follow the following instructions:

- Measure your blood sugar right before going to bed.



- Eat a light meal if the reading is less than 120 mg / dL (before bed).



- Change the time of insulin injection



- Notify the doctor about drops, so he can adjust the dose of cloudy insulin at night.



What the state of unfeeling with hypoglycemia?

This occurs for some people who get fainted without showing any symptoms or signs of low level of sugar, and it often happens to persons with diabetes for many years, and it does not happen to all diabetics, but rather to people with nerve damage, patients who have difficulty in controlling diabetes, patients take certain medications, such as heart and blood pressure medications.



In this case follow the instructions below:

1. Keep measuring blood sugar regularly.
2. Inform the doctor with the occurrence of low sugar without feeling symptoms.
3. Treating low blood sugar even when you feel well.

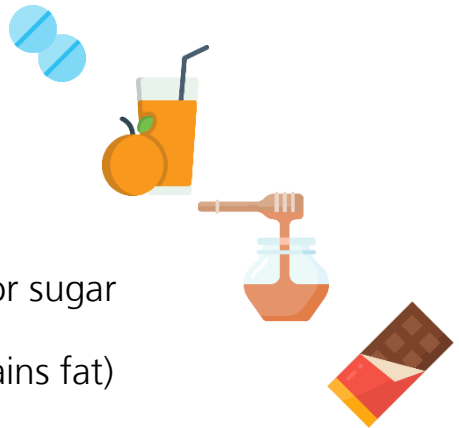
What is the therapy of hypoglycemia?

When you feel symptoms of hypoglycemia, hurry up immediately to raise blood sugar to its normal level, and the aids can be divided into the following:

1. The patient (if the patient is conscious):

You should take one of these foods or drinks:

- 3 sugar tablets
- Half a cup of fruit juice
- Half a cup of soft drinks
- 1 or 2 tablespoons honey or sugar
- 5-6 chocolate pieces (contains fat)



Measure it after 15 minutes. If there is no improvement, repeat the treatment again. If you feel better, eat a light meal (a glass of milk, half of a sandwich, a piece of biscuit).

What is the therapy of hypoglycemia?

2. Family and friends (if the patient is unable to treat himself):

In case of coma, patient's family, or those around him must take him to the hospital after doing the following:



- To prevent choking due to vomiting, put the patient on his left side. If the patient is unable to swallow, give a glucagon injection. (For children under 3 years old, the patient is given 0.5 mg of glucagon. Children over 3 years old and adults 1.5 mg of glucagon) or honey is placed between the cheek and the teeth.
- Feed the patient when recovers by giving him liquids or foods containing sugar.
- Continue to check blood sugar every 30-60 minutes.

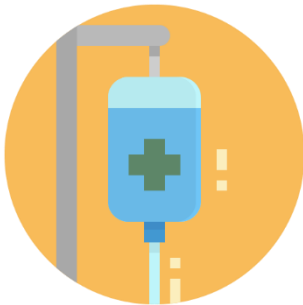


What is the therapy of hypoglycemia?

3. Hospital (for severe cases):

When the patient has symptoms and signs of severe hypoglycemia, the medical team will do the following:

- Injecting the patient with glucagon.
- Insulin and glucose are given intravenously.

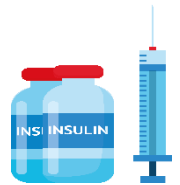


How to protect myself against hypoglycemia?

To prevent yourself of getting hypoglycemia, follow the below steps:

1. Medication:

Take medication or insulin dose according to the doctor's prescription and at the appropriate time.



2. Food:

Eat regular and adequate meals and avoid skipping any meals or snacks.



3. Daily Activity:

It is preferable to discuss with your doctor in case you want to increase your daily activity beyond the normal range or in case you want to perform an unusual work.





Remember:

- The symptoms and signs of hypoglycemia differ from one person to another (try to know your symptoms of hypoglycemia and explain them to family and friends).
- When you feel a state of depression, measure your blood sugar level, and then treat it immediately.
- If the condition recurs several times during the week, contact the doctor for the purpose of treatment plan changing.





Remember:

- In case of treating sugar low level, make sure you have fast-acting sugar. Eat it, wait 15 minutes, and then measure the sugar.
- If the patient does not distinguish between a high and a low state, it is treated as a decrease in sugar.
- Do not forget to permanently carry the sugar card with you, with your name, hospital, medical number, name of your attending physician, and all your treatments written on it.



Sources and References:

American Diabetes Association, ADA

Review and Audit:

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Health Awareness Unit

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