



HYPOGLYCEMIA


(Low Blood Sugar)

CAUSES: Too little food, too much insulin or diabetes medicine, or extra exercise.


ONSET: Sudden, may progress to insulin shock.

BLOOD SUGAR: Below 70 mg/dL.
Normal range: 70-115 mg/dL.


SYMPTOMS




SHAKING




FAST HEARTBEAT




SWEATING




ANXIOUS




DIZZINESS




HUNGER




IMPAIRED VISION



WEAKNESS, FATIGUE




HEADACHE

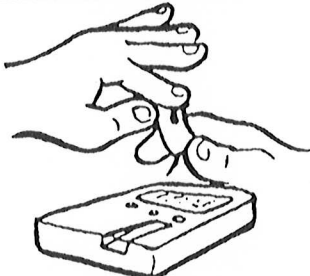


IRRITABLE

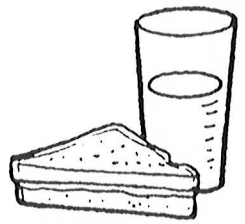
WHAT CAN YOU DO?



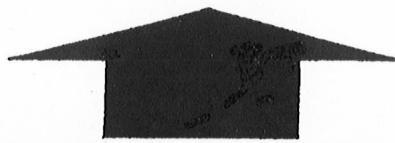
Drink a cup of orange juice or milk, or eat several hard candies.



TEST BLOOD SUGAR
If symptoms don't stop, call your doctor.



Within 30 minutes after symptoms go away, eat a light snack (half a peanut butter or meat sandwich and a half glass of milk).



HYPERGLYCEMIA

(High Blood Sugar)

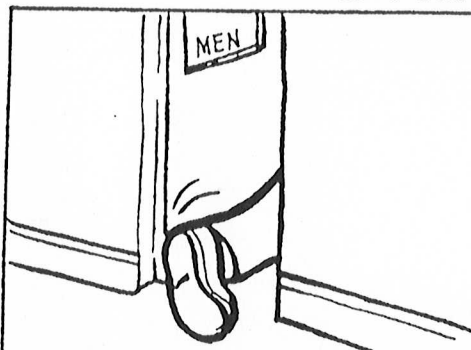
CAUSES: Too much food, too little insulin, illness or stress.

ONSET: Gradual, may progress to diabetic coma.

BLOOD SUGAR: Above 200 mg/dL.
Acceptable range: 115-200 mg/dL.



SYMPTOMS



FREQUENT URINATION



DRY SKIN



HUNGER



BLURRED VISION

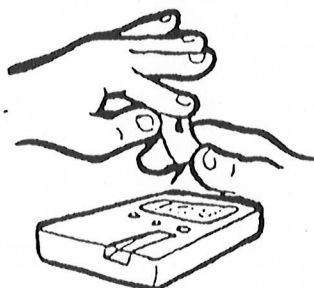


DROWSINESS



NAUSEA

**WHAT
CAN
YOU
DO?**



TEST BLOOD SUGAR



**If over 250 mg/dL for several tests
CALL YOUR DOCTOR**