

## Hypoglycemia (Low Blood Glucose)

**Causes:** Too little food, too much insulin or diabetes medicine, or extra activity.

**Onset:** Sudden, may progress to insulin shock

**Symptoms:**

- Shaking
- Fast Heartbeat
- Sweating
- Dizziness
- Anxious
- Hunger
- Impaired Vision
- Weakness/Fatigue
- Headache
- Irritable

**What can you do?** Drink  $\frac{1}{2}$  glass of juice, regular soft drink, 1 glass of milk, or a cracker.

Within 20 minutes after treatment, test blood glucose. If symptoms don't stop, call your doctor.

Then, eat a light snack (1/2 peanut butter or meat sandwich and  $\frac{1}{2}$  glass milk).

## Hyperglycemia (High Blood Glucose)

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

**Onset:** Gradual, may progress to diabetic coma.

**Symptoms:**

- Extreme Thirst
- Frequent urination
- Dry Skin
- Hunger
- Blurred Vision
- Drowsiness
- Decreased Healing

**What can you do?** Test Blood Glucose. If over 200 mg/dL for several tests or 2 days, call your doctor!