

Symptoms of Hypoglycemia

Hypoglycemia: Low Blood Glucose (Blood Sugar) Level

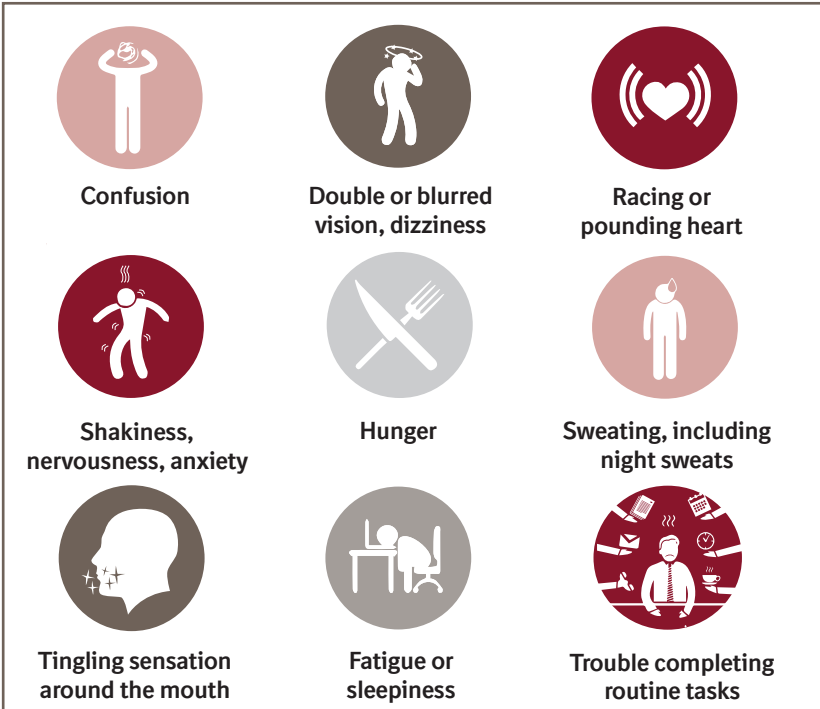
- Hypoglycemia usually happens when the blood glucose level is at or below 70 mg/dL
- You should talk to your healthcare provider about your individual blood glucose target
- Hypoglycemia can lead to serious problems
- Signs and symptoms of hypoglycemia can happen quickly
- It is important to know the symptoms so you can take action immediately










Common causes of hypoglycemia



-  Insulin or oral diabetes medications
-  Eating a smaller meal than usual after taking your diabetes medication (consuming less glucose)
-  Exercising more than you normally do (using up more glucose)
-  More than 2 alcoholic drinks per day in men and more than 1 drink per day in women (Drink alcohol only when your blood glucose is under control)

Some common symptoms of hypoglycemia



-  Confusion
-  Double or blurred vision, dizziness
-  Racing or pounding heart
-  Shakiness, nervousness, anxiety
-  Hunger
-  Sweating, including night sweats
-  Tingling sensation around the mouth
-  Fatigue or sleepiness
-  Trouble completing routine tasks

Ways to Manage Your Type 2 Diabetes

- Follow your management plan, including diet and exercise
- Take all your medicines as prescribed
- Know the symptoms of hypoglycemia
- Be aware of how you are feeling
- Monitor your blood glucose, and make sure your healthcare team has your daily/weekly logs
- Ask your healthcare providers any questions you might have

