## 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 80 mg/dL. Normal range: 80-120 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 snack of a peanut butter or meat sandwich and a glass of milk.

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