

Hypoglycemia (Low Blood Glucose)

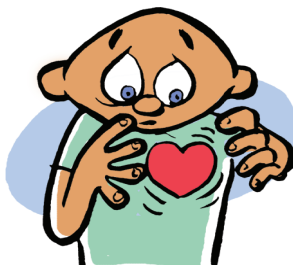
Some Symptoms:

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden.



SHAKY



FAST
HEARTBEAT



SWEATING



DIZZY



ANXIOUS



HUNGRY



BLURRY VISION



WEAKNESS OR FATIGUE



HEADACHE



IRRITABLE

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

What Can You Do?



CHECK your blood glucose, right away. If you can't check, treat anyway.



TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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Concept developed by Rhonda Rogers, RN, BSN, CDE

Hyperglycemia (High Blood Glucose)

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

Onset: Often starts slowly.

Some Symptoms:



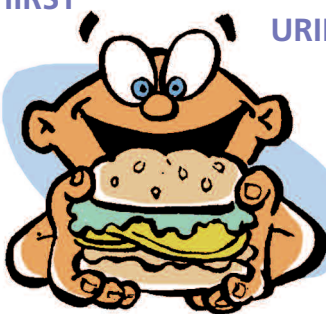
EXTREME THIRST



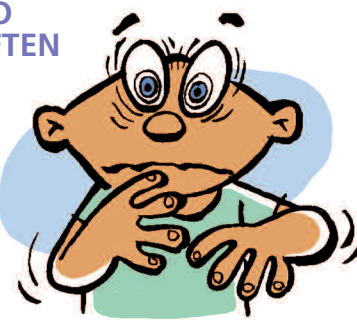
NEED TO URINATE OFTEN



DRY SKIN



HUNGRY



BLURRY VISION



DROWSY



SLOW HEALING WOUNDS

HIGH BLOOD GLUCOSE MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

What Can You Do?



CHECK BLOOD GLUCOSE

If your blood glucose levels are higher than your goal for three days and you don't know why,

CALL YOUR HEALTHCARE PROVIDER



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