












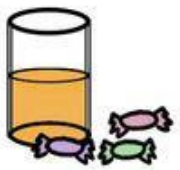

HYPOGLYCEMIA

(Low Blood Glucose Level)

Causes: Too little food or skip a meal;
too much Insulin or Diabetes Pills;

Onset: Often Sudden;
may pass out untreated

SYMPTOMS:

		 SHAKY	 FAST HEARTBEAT
 SWEATING	 DIZZY	 ANXIOUS	 HUNGRY
 BLURRY VISION	 FATIGUE	 HEADACHE	 IRRITABLE
WHAT CAN YOU DO:	 CHECK	 TREAT	 CHECK

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 LEVEL AGAIN AFTER 15 MINUES. IF IT STILL LOW, TREAT AGAIN. IF SYMPTOMS DON'T STOP, CALL YOUR HEALTH CARE PROVIDER.