

Low Blood Sugar (Hypoglycemia)

Low Blood Sugar Level: below 70mg/dL

A low blood sugar can happen quickly. If not treated right away, low blood sugar can create a medical emergency and can cause you to pass out.

Common causes: skipping a meal, not eating enough food, taking too much insulin or diabetic medications, and being more active than usual.

Warning signs include:

- Impaired vision
- Dizziness
- Hunger
- Shaking
- Weakness/Fatigue
- Anxious
- Sweating
- Irritable
- Fast heartbeat
- Headache



What to do:

- Check your blood sugar right away (if possible); if it is below 70 or you are experiencing signs of low blood sugar eat a “quick acting sugar” right away.
- Examples of quick acting sugar: 1/2 cup of juice or regular soda, 3 packets or 1 tablespoon of sugar, 3-4 glucose tablets, 1 handful of raisins, 1 tablespoon of honey, 5-7 lifesavers.
- Wait 15 minutes, then check your blood sugar again. If it is still below 70, repeat the steps. if you are not better after repeating these steps 2 times, call your healthcare provider. If you cannot reach them, call 911. It is important to get help.



Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 1.866.474.5230

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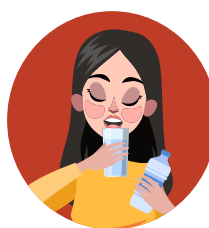
High Blood Sugar Level: below 200mg/dL

Keeping your blood sugar under control is important. Too much sugar in your blood can cause serious health problems.

Common causes: eating too much food, not taking enough insulin or diabetes medications, being less active than normal, being under stress, having an illness.

Warning signs include:

- Frequent urination
- Extreme thirst
- Hunger
- Blurred vision
- Drowsiness
- Nausea
- Dry Skin



What to do:

- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise - if you can

If your blood sugar is still higher than your goal for 3 days and you don't know why, call your doctor or health care provider.



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