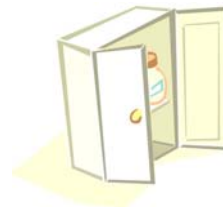


## “Handout 5 – Diabetes What are the Signs of Low Blood Sugar?”

*The Medicine Cabinet Series*



People who take insulin may have times when their blood sugar level is too low. This low blood sugar is called hypoglycemia. Signs of hypoglycemia include the following:

- Feeling tired for no reason
- Yawning a lot
- Being unable to speak or think clearly
- Losing muscle coordination
- Sweating
- Twitching
- Having seizures
- Suddenly feeling like you’re going to pass out
- Becoming very pale



If you have any of the problems listed above, eat or drink something sweet, such as fruit juice, regular (not diet) soda or candy, right away.

Be sure you teach your friends, work colleagues and family members how to treat hypoglycemia, because sometimes you may need their help. Also, keep a supply of glucagon at home. Glucagon is another medicine you inject in a shot. It will raise your blood sugar level. If you are unconscious or can’t eat or drink, another person can give you a shot of glucagon. This will bring your blood sugar level back to normal.

*Taken from Family Doctor.org: <http://familydoctor.org/480.xml>*

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.