

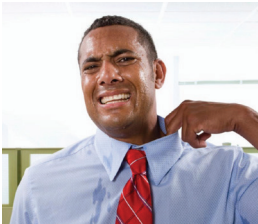
# Hypoglycemia or 'Hypo'

Hypo = Too Low

Sugar level  
less than 70mg/dl



Common symptoms of low sugar levels:



Sweating



Shaking



Tired



Headache



Pale skin



Hungry



Moody

Very low blood sugar levels:

When your blood sugar falls too low, it can keep your brain from working well.



Confused



Seizures (fits)



Loss of consciousness  
(cannot wake up)

## Causes of low sugar levels:



Too much diabetes medicine



Too much exercise



Not enough carbohydrates



Alcohol

## Treating low blood sugar levels

### Rule of 15



4 glucose tablets

15 grams of fast acting sugar



1/2 cup juice

and



1/2 can regular soda (not diet)

Re-check your blood sugar in 15 minutes



Chew 3-4 pieces hard candy

**Treat it again** if your blood sugar is less than 70mg/dl