

Low Blood Sugar

Low blood sugar means not having enough sugar or glucose in the blood. Low blood sugar is also called hypoglycemia, insulin shock, or insulin reaction. Glucose is needed by the body's cells. A normal blood sugar level is 70-100. A blood sugar level below 70 is low.

Causes

Sometimes the cause is not known, but it may be from:

- Too much insulin or diabetes pills
- Meals that are skipped or delayed
- Too much exercise or unplanned exercise

Signs

There may be no warning signs or you may:

- Feel dizzy, shaky, nervous, weak or tired
- Sweat
- Feel hungry
- Feel moody or grumpy or not think clearly
- Not be able to speak
- Have blurred vision
- Feel a fast heart beat
- Feel numb around the mouth or lips
- Have a headache

Your Care

When your blood sugar is low, you need to eat or drink food with sugar. **Do not eat too much.** Your blood sugar may go too high. Eat or drink one of these:

- ½ cup or 120 milliliters of juice or soda. No diet, sugar free, or calorie free drinks.
- 3 or 4 glucose tablets
- 1 tablespoon or 15 milliliters of sugar
- 1 cup or 240 milliliters of milk

Sonkorta Dhiigga ee Hooseysa

Sonkorta dhiigga ee hooseysa macnaheedu waa inaad lahayn sonkor kugu filan ama gulukoos dhiiggaaga ku jirta. Sonkorta dhiigga ee hooseysa waxaa loo yaqaanaa hypoglycemia, naxdinta insulin-ta, ama fal celinta insulin-ta. Gulukoos waxaa looga baahan yahay unugyada jidhkaaga. Heerka sonkorta dhiigga caadiga ah waa 70-100. Heerka sonkorta dhiigga ee ka hooseysa 70 way hooseysaa.

Sababaha

Mararka qaarkood sababta lama yaqaanno, laakiin waxaa laga yaabaa inay ka timaaddo:

- Insulin fara badan ama kaniiniyo sonkorow oo fara badan oo la qaato
- Cuntooyinka la seego ama la daahiyo
- Jir dhis fara badan ama jir dhis aan la qorsheysannin

Calaamadaha

Waxaa laga yaabaa inaysan jirin calaamado digniin ama waxaa laga yaabaa:

- Inaad dareento war-wareer, lulasho, isku dhex yaac, daciiftinnimo ama daallanaan
- Dhidid
- Dareento baahi
- Dareento dabci beddel ama iska xanaaqaysid ama aan si kala cad u fekereynin
- Aadan awoodin inaad hadasho
- Aragga daruur kaa fuusho
- Aad dareento wadnaha oo si xawli ah kuu garaacaya
- Aad dhinacyada afka iyo faruuryaha ka dareento kabuubyo
- Maduxu ku xanuuno

Daryeelkaaga

Marka sonkorta dhiiggaagu ay hooseyso, waxaad u baahan tahay inaad cunto ama cabto cunto sonkor leh. **Wax badan ha cunin.** Dhiigga sonkortaadu waxaa laga yaabaa inuu kor u kaco. Cun ama cab mid ka mid ah kuwaan:

- ½ koob ama 120 millilitir oo casiir soodha ah. Maahan cabitaannada daayetka, ama sonkorta aan lahayn ama kalooriska aan lahayn.
- 3 ama 4 kaniini oo gulukoos ah
- 1 qaaddo ama 15 millilitir oo sonkor ah
- 1 koob ama 240 millilitir oo caano ah

Check your blood sugar in 15 minutes. If your blood sugar is still less than 70 or if you are not feeling better, eat or drink another serving of food or drink from the list.

When your blood sugar is 70 or more, you still need to eat something to keep your blood sugar from dropping again.

- If it is time for your next meal soon, eat your normal meal.
- If your next meal is more than an hour away, eat a snack. Try half a sandwich and 1 cup or 240 milliliters of milk, or 3 crackers, 2 ounces of cheese, and a small apple.

To Prevent Low Blood Sugar

- Follow your meal plan. Eat meals and snacks at the same time each day. Do not miss or delay meals.
- Check and record your glucose levels. If you have low blood sugars more than 2 times in a week, call your doctor or diabetes educator. Changes may need to be made to your diet, medicine or exercise routine.
- Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.
- Exercise regularly.

To Stay Safe

- Keep food such as crackers, gels, and juice with you at all times.
- Tell other people who work or live with you that you have diabetes and how to treat low blood sugar.
- Wear a medical bracelet or necklace to tell others that you have diabetes during a medical emergency.
- If you have Type 1 diabetes, people close to you should learn how to give a glucagon shot. Glucagon is a hormone used to raise blood sugar when a person is not alert or awake. A nurse can teach them how to give a glucagon shot.
- Call your doctor when you have frequent low blood sugars or wide swings from high to low.

Sonkorta dhiiggaaga ku hubi 15 daqiiqadood. Haddii sonkorta dhiiggaagu ay weli ka sii yar tahay 70 ama haddii aadan ka soo raynin, cun ama cab qaadasho kale oo cuntadii ama cabitaankii la soo sheegay.

Marka sonkorta dhiiggaagu ay tahay 70 ama ka badan, waxaad weli u sii baahan tahay inaad wax cunto si aad sonkorta dhiiggaaga uga ilaaliso iney mar kale hoos u dhacdoor.

- Haddii ay kuu tahay waqtigii aad cuntada cuni lahayd, cun cuntadaadii caadiga ahayd.
- Haddii cuntadaada xigta ay ka badan tahay saacad, cunto fudud sii cun. Isku day sandiwij badhkiis iyo 1 koob ama 240 millilitir oo caano ah, ama 3 qarjawle, 2 wiiqiyadood oo farmaajo ah, iyo tufaax yar.

Si aad uga Hortagtid Sonkorta oo Hoos u Dhacda

- Raac qorshaha cunto cunidda. Cun cuntooyin iyo cunno fudud isla waqti maalintiiba. Ha seegin hana ka daahin cuntooyinka.
- Hubi oo diiwaan geli heerarka gulukoostaada. Haddii ay sonkortaadu hoos u dhacdo in ka badan 2 goor toddobaadkiiba, takhtarkaaga ama baraha sonkorowga wac. Waxaa laga yaabaa in isbeddello lagu sameeyo cuntadaada, daawada ama sameynta jir dhiska.
- Daawadaada sonkorowga u qaado sidii lagu faray. Ha qaadannin daawo sonkorow oo dheeraad ah iyadoo uusan takhtarkaagu kugula talinnin.
- Si joogto ah jir dhis u samee.

Si aad Ammaan u Ahaato

- Waqti kasta ha kuu yaallaan cuntooyinka sida qarjawle, malmalaaddo, iyo casiir.
- Dadka kale ee kula shaqeeya ama kula nool u sheeg inaad sonkorow qabto iyo sida loo daaweeyo sonkorta hoos u dhacda.
- Xidho jijin daawo ama sil-silad si aad dadka kale ugu sheegtid inaad sonkorow qabto waqtiga xaaladda deg-degta caafimaad.
- Haddii aad qabto sonkorowga Nooca 1, dadka kugu dhow waa iney bartaan sida glucagons-ta la isugu duro. Glucagon waa dheecaan loo isticmaalo in kor loogu qaado sonkorta dhiigga marka uusan soo jeedin ama feejigneyn. Kalkaaliso ayaa bari karta sida la isu siiyo duridda glucagon.
- Takhtarkaaga wac marka aad sonkor dhiig oo hoos u dhacda oo joogta ah isku aragto ama kor u kac iyo hoos dhac ballaaran uu dhacayo.

- Talk with your doctor and dietitian **before** starting a weight loss diet.
- Keep all your appointments with your doctor, diabetes nurse, and dietitian.
- Call your doctor, nurse or dietitian with any questions or concerns.

- Takhtarkaaga iyo cunto qorahaaga la hadal **ka hor** inta aadan billaabin cunto cayilka yaraysa.
- Xafid ballamada takhtarka, kalkaalisada sonkorowga, iyo cunto qoraha.
- Wac takhtarka, kalkaalisada ama cunto qoraha si aad u weydiiso wixii su'aalo ama walaacyo ah ee aad qabto.

Low Blood Sugar. Somali.

10/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.