

# 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

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.

# 低血糖

低血糖是指血液中沒有足夠的糖或葡萄糖。低血糖也稱為 hypoglycemia、胰島素休克或胰島素反應。身體細胞需要葡萄糖。正常血糖水平是 70-100。血糖水平在 70 以下是為低。

## 原因

有時候原因不明，但可能是由於：

- 使用太多胰島素或糖尿病藥片
- 不吃飯或晚吃飯
- 太多運動或無計劃地運動

## 症狀

你可能沒有警示症狀或可能有以下症狀：

- 覺得頭暈、站不穩、緊張、虛弱或疲累
- 出汗
- 覺得飢餓
- 覺得憂鬱或暴躁或不能清楚地思維
- 不能說話
- 視力模糊
- 覺得心跳快
- 覺得嘴或脣週圍麻木
- 頭痛

## 你的醫療

當你血糖低的時候，你需要吃喝含糖的食物。**不要吃太多**。你的血糖可能會變得太高。食用以下一種或多種食物：

- ½ 杯或 120 毫升的果汁或汽水。非節食型、不含糖或無卡路里的飲料。
- 3 或 4 個葡萄糖片
- 1 大湯匙或 15 毫升的糖
- 1 杯或 240 毫升的牛奶

在 15 分鐘之後檢查血糖。如果你的血糖仍然低於 70 或如果你的感覺沒有好轉，再食用一份列單上的餐點。

Low Blood Sugar. Traditional Chinese.

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.
- 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.

當你的血糖是 70 或更高時，你仍需吃一點食物以使你的血糖不再下降。

- 如果很快就是你下一次的用餐時間，請正常進餐。
- 如果你下一次的用餐時間是一個多小時之後，請吃一點小吃。試試吃半個三明治和 1 杯或 240 毫升的牛奶或 3 塊餅乾、2 盎司乾酪和一個小蘋果。

## 要避免低血糖

- 遵守你的用餐計劃。每天在相同的時間用餐、吃小吃。不要錯過或延遲用餐。
- 檢查並記錄你的葡萄糖水平。如果你在一周有 2 次以上的低血糖，請打電話給你的醫生或糖尿病教育人員。可能需要對你的飲食、藥物或運動常規作出改變。
- 按醫囑服用你的糖尿病藥物。如無醫生建議，請不要服用更多的糖尿病藥物。
- 有規律地做運動。

## 要保持安全

- 請隨時隨身備好食物，如餅乾、膠凍和果汁。
- 請告訴和你一起工作或和你居住的其他人你有糖尿病以及應該如何處理低血糖。
- 在急診時戴一條醫用手腕條或頸鏈來告訴其他人你有糖尿病。
- 如果你有 1 類糖尿病，你身邊的人應該學會注射葡萄糖蛋白。葡萄糖蛋白是一種激素，用於當一個人不警醒或醒不來時升高血糖。護士能教他們如何進行葡萄糖蛋白注射。
- 如果你常有低血糖或血糖或高或低，請打電話給你的醫生。
- **先**和你的醫生及營養師談一談再開始一種減肥飲食。
- 請按時赴醫生、糖尿病護士和營養師的所有約診。
- 如果您有任何疑問或關注事項，請告知您的醫生或護士和營養師。

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