

THE VELMA B. COX FOUNDATION

For Type II Diabetes & High Blood Pressure



Hypoglycemia: Rule of 15!

Written by Dr. Aubrey J. Moreau, PharmD

(Disclaimer: If instructed differently by your local medical professionals please abide by what they went over, this is just a generalization. Guidelines constantly change.)

Hypoglycemia (Low blood sugar). Hypo is usually associated with a lack of something, hence low blood sugar. Yes, it can be dangerous if too low. Mostly associated with diabetic shock, or people fainting.

Hyperglycemia (High blood sugar). Hyper is usually associated with the surplus of something, hence high blood sugar. More dangerous over the long term, especially with blood vessel and nerve health.

FOLLOW US:

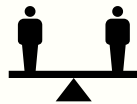
INSTAGRAM:
@VBCFOUNDATION

FACEBOOK:
FACEBOOK.COM/VELMAB.COX.7

EMAIL:
**YOURHEALTH@
VELMACOXFOUNDATION.ORG**



BALANCED



Balanced: This is where we want you. No we are not trying to hurt you by lowering your blood sugar. We want you to be in a balanced state. Being too high or too low is not our goal.

With life there is a balance. Sometimes we try to push the balance towards lower blood sugars and issues may occur. Checking blood sugar when traveling or during seasons of hot weather is when lows are more likely to happen.

From what most have described, having low blood sugar is similar to how people feel around lunchtime at work.

Lightheadedness, excessive hunger, shakiness, sweating or fainting (in extreme scenarios) are some of the symptoms that may occur. I usually recommend that if you feel “out of it” go ahead and test your blood sugar.

Traditionally, hypoglycemia is when you have symptoms with a blood sugar less than 70. (Some people may experience these symptoms at higher levels, e.g. at 90 or 100 instead of < 70. If this is you, than adjust accordingly.)

How to Treat Low Blood Sugar (Hypoglycemia)

1.  Eat/Drink 15 g Carbs
2.  Wait 15 Minutes
3.  Check Blood
4.  Less than 70 mg/dl? Repeat Steps 1-4



If your blood sugar is low (below 70), eat or drink 15 grams of sugar then wait 15 minutes and check your blood again. If the levels are not improving or the symptoms are getting worse, you must get medical assistance to ensure that you do not go into shock. **(Very Important!)**

If the levels go back to normal, eat a meal because those sugars will burn out after 15 to 30 minutes.



15 GRAMS OF SUGAR

15 grams of sugar...I am not a chef! What are you saying? This is not an exact science if you are freaking out in the middle of one of these situations then just wing it and take whatever you think it is.

These are examples of food and beverages that have approximately 15 grams of sugar:

- 3 glucose tablets, OR
- Drink a half cup of orange juice or apple juice (or more) or soda (yeah I know, enjoy it! **This is the ONLY time we recommend**); OR
- 6 to 7 pieces of hard candy with sugar (you lucky dog, yes you get to sneak in some candy even though you are diabetic.), OR
- Tablespoon of honey or sugar

***This goes against my principles of offering sugar to a diabetic but in this case, it would be much needed and we want to keep you healthy.**





Hypoglycemia is classified in 3 levels. If someone is on insulin and a hypoglycemic episode occurs (a level 2 or level 3), their blood sugar goals may need to be less strict. This is something to discuss with a medical doctor/nurse. Do **NOT** accomplish this on your own. The best way to treat low blood sugar requires a prescription. Glucagon is an injectable form, similar to an epipen (allergy emergency injection) for diabetics.

Thoughts:

Carry a meter on you, check often, especially when on a new medication, traveling or while in hot weather.

Get a medical ID, in case you pass out and no one knows what is going on. There are situations where people were accused of drunk driving while in hypoglycemia.

There were jokes in here but on a serious note, the situation can become very eventful and dangerous.

~~~~~

**“Because there’s nothing more important than you, absolutely nothing!”**



**For more information please visit:**

Low Blood Sugar (Hypoglycemia) | Diabetes | CDC <https://www.cdc.gov/diabetes/basics/low-blood-sugar.html>

**Table 6.4—Classification of hypoglycemia**

|         | Glycemic criteria/description                                                                                            |
|---------|--------------------------------------------------------------------------------------------------------------------------|
| Level 1 | Glucose <70 mg/dL (3.9 mmol/L) and ≥54 mg/dL (3.0 mmol/L)                                                                |
| Level 2 | Glucose <54 mg/dL (3.0 mmol/L)                                                                                           |
| Level 3 | A severe event characterized by altered mental and/or physical status requiring assistance for treatment of hypoglycemia |

Reprinted from Agiostratidou et al. (72).