



## What is hypoglycemia?

Hypoglycemia, also called low blood glucose or low blood sugar, happens when your blood glucose drops below normal levels. Glucose comes from food and is an important source of energy for the body.

Hypoglycemia can happen suddenly. It's usually mild and can be easily treated by eating or drinking something with glucose. But if it isn't treated, hypoglycemia can cause confusion, clumsiness, or fainting. Severe hypoglycemia can lead to seizures, coma, and even death.

It's important to be able to recognize the symptoms of hypoglycemia and be prepared how to correct it.

## What are the symptoms of hypoglycemia?

Symptoms of hypoglycemia include:

- Hunger
- Shakiness
- Nervousness
- Sweating
- Dizziness or light-headedness
- Sleepiness
- Confusion
- Difficulty speaking
- Anxiety
- Weakness
- Sometimes, hypoglycemia can happen while you sleep. Symptoms include:
  - Crying out or having nightmares
  - Finding pajamas or sheets damp from perspiration
  - Feeling tired, irritable, or confused when you wake up

## **What causes hypoglycemia?**

People with diabetes who take certain glucose-lowering medications may be at risk for hypoglycemia for a variety of reasons:

Eating meals or snacks that are too small, delayed, or skipped

Taking too much insulin or other blood-glucose-lowering medications

Increasing exercise or physical activity

Drinking alcohol

## **Does hypoglycemia happen to people who don't have diabetes?**

It's not as common, but people who don't have diabetes can experience hypoglycemia. Non-diabetic hypoglycemia usually appears in two forms:

Reactive hypoglycemia, which occurs within 4 hours after meals. People with reactive hypoglycemia should follow a healthy eating plan recommended by a registered dietitian

Fasting hypoglycemia, which can be caused by certain medications, critical illnesses, hereditary deficiencies, and some kinds of tumors. The treatment targets the underlying problem

Symptoms of both reactive and fasting hypoglycemia are similar to diabetes-related hypoglycemia: hunger, sweating, shakiness, dizziness, light-headedness, sleepiness, confusion, difficulty speaking, anxiety, and weakness.

## **How is hypoglycemia treated?**

The American Diabetes Association (ADA) recommends that people who suffer from hypoglycemic reactions carry 15-20 grams of glucose with them at all times.<sup>1</sup>

To quickly and easily raise blood sugar levels to their normal range, many healthcare professionals recommend products that contain specially formulated glucose. Products like Insta-Glucose offer a variety of advantages:

Delivers 24 grams of fast-acting, rapidly absorbed glucose

Always ready to use