



## Hypoglycemia

Hypoglycemia, or low blood sugar, is a common disorder affecting people of all ages. Understanding its signs and symptoms is essential for early diagnosis and treatment. Left untreated, hypoglycemia can lead to serious health problems, including seizures and coma.

### Symptoms

The most common symptoms of hypoglycemia include dizziness, confusion, headaches, increased heart rate, sweating, trembling, nausea, blurry vision, and hunger. Other symptoms may include fatigue, irritability, and difficulty concentrating. Some people may experience seizures, confusion, or loss of consciousness.

### Causes

The most common cause of hypoglycemia is a sudden drop in blood sugar levels due to inadequate intake of carbohydrates. Other causes include hormone imbalances, certain medications, liver and kidney disorders, and excessive alcohol intake. In some cases, people may develop hypoglycemia after exercise, as the body cannot meet its increased energy needs.

### Treatment

The main treatments for hypoglycemia are eating a snack with 15 grams of fast-acting carbohydrates, drinking four ounces of fruit juices or regular (not diet) soft drinks, drinking one cup of fat-free milk, eating one tablespoon of honey, or taking 3-4 glucose tablets. If these measures fail to produce improvement, more aggressive treatments may be necessary. Blood glucose level should be checked 15 min. after treatment to determine if additional carbohydrates or glucose are needed.

It is important to note that the treatment for hypoglycemia will depend on the individual case and the underlying cause. As such, seeking medical advice before starting any treatment plan is crucial.

### Conclusion

Hypoglycemia is a condition that can affect people of all ages and can lead to serious health problems if it is left untreated. Understanding the signs and symptoms of this disorder is the first step toward early diagnosis and treatment. If you suspect you or a loved one may be experiencing hypoglycemia, it is crucial to seek medical advice as soon as possible.

**For Additional Information about Diabetes, Visit:**

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

\*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.