

November is National Diabetes Month

Do You Know the Signs of Hypoglycemia?

November is National Diabetes Month, bringing attention to diabetes and its impact on millions of Americans. Hypoglycemia, or low blood sugar, is a common problem for people with diabetes. Hypoglycemia can occur as a result of diet, certain medications, and exercise. For many people with diabetes, low blood sugar means a level of 70 milligrams per deciliter (mg/dL) or less. Symptoms may come on suddenly and can include the following:

- Dizziness, disorientation and confusion
- Hunger
- Headaches
- Irritability
- Fast or irregular heartbeat
- Pale skin
- Sweating
- Trembling
- Weakness
- Anxiety
- Blurred vision

Severe hypoglycemia, which happens more often in people with Type 1 diabetes, is a medical emergency and requires immediate treatment. In untreated, the person can have seizures, pass out, or go into a coma.

Preventing Hypoglycemia

If you have diabetes, you may need to monitor your blood glucose levels regularly to help you decide how much medicine to take and when, what foods to eat, and how physically active you can be. Low blood sugar can happen if you delay or miss meals, exercise more than normal, drink alcohol without eating enough food, or don't eat enough carbohydrates to keep up with your dosage of insulin or other diabetes medications.



It's important to know in advance what to do if you experience symptoms of low blood sugar. Check your blood glucose level and follow your health provider's recommendation to increase blood sugar levels as soon as possible. This may involve eating or drinking carbohydrates such as fruit juice, soda, honey, raisins, sugar, or glucose tablets. Way to

raise your blood sugar to a normal level will vary depending on what medications you take.

If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.

