

Hypoglycemia

Definition:

Hypoglycemia is a condition where blood sugar (glucose) levels drop below normal, typically below 70 mg/dL.

Causes of hypoglycemia:

- Too much insulin
- Skipping meals
- Intense exercise

Signs of hypoglycemia:

Symptoms typically develop when blood glucose falls below 50 to 60mg/dl and include:

- Change in behavior, such as confusion or irritability
- Sleepiness
- Dizziness
- Fatigue
- Feeling shaky or jittery
- Tachycardia
- Slurred speech
- Hunger, thirst
- Sweating, pale skin color

Significant hypoglycemia can lead to a state of unconsciousness and seizures.

Treatment in case of hypoglycemia:

If the person can swallow, give him or her something to eat or drink that contains sugar, such as fruit juice, milk, sugar, honey, or soft drinks. If hypoglycemia does not improve within 10 minutes after oral glucose administration, the person should be taken to the ER.

If the person is unconscious, a glucagon injection should be given, and the person should be taken to the ER.