EMERGENCY MEDICAL INFO: TYPE 1 DIABETES

HYPOGLYCEMIA

This is a life-threatening medical condition.
When someone with Type 1 Diabetes has severe **Hypoglycemia (Low Blood Sugar)**, their brain is starving of energy. They cannot think clearly and cannot save themselves. **They need your immediate help.**

A drop in blood sugar can happen in minutes. A dangerous drop can be triggered by taking a slightly incorrect insulin dose, eating a meal later than planned, miscalculating carbohydrates, or even from everyday stress and physical activity.

Look out for these changes:

- **Mild to Moderate:** Shaking, sweating, pale skin, dizziness, or sudden anxiety.
- **Cognitive Changes:** Slurred speech, heavy confusion, acting "drunk," or sudden anger/irritability.
- **Severe (The Danger Zone):** Inability to swallow, seizure-like shaking, passing out, or complete unresponsiveness.
- **Unresponsiveness Can Lead to Death:** If blood glucose continues to plummet, it can trigger seizures, a coma, or sudden cardiac arrhythmias.

HYPERGLYCEMIA

When someone with Type 1 Diabetes has **Hyperglycemia (High Blood Sugar)**, their body completely lacks the insulin needed to move sugar into their cells. If left untreated, this leads to a life-threatening, toxic buildup of acids in the blood called **Diabetic Ketoacidosis (DKA)**.

Hyperglycemia occurs when there is too little active insulin in the body to handle the glucose (sugar) in the bloodstream. In Type 1 Diabetes, this can be triggered by a miscalculated insulin dose, an illness or infection, physical or emotional stress, or a mechanical failure like a kinked insulin pump infusion set or expired insulin. Without insulin, the body begins starving and rapidly burns fat for fuel, creating dangerous chemical waste products called ketones.

High blood sugar often develops over hours or days. Look out for these escalating symptoms:

- **Early Signs:** Extreme, unquenchable thirst, frequent trips to the bathroom to urinate, dry mouth, or a pounding headache.
- **Progressive Signs:** Intense fatigue, blurry vision, nausea, vomiting, or severe abdominal pain.
- **Severe / DKA Danger Zone:** Deep, rapid breathing (air hunger), a distinct fruity or sweet odor on their breath, heavy confusion, dizziness, or unresponsiveness.

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