

Hypoglycemia: Basics

What is Hypoglycemia?

When the blood sugar level drops below the normal levels.

What causes hypoglycemia in diabetics?

Hypoglycemia may be a side effect of insulin or other diabetic medications.

How long do symptoms take to show?

symptoms can come on very quickly. You may experience one or more mild to moderate symptoms.

Some people don't feel any symptoms.

Other causes of hypoglycemia in Diabetics:

- Not eating enough carbohydrates
- skipping or delaying meals
- increased physical activity
- being sick

Mild to Moderate symptoms:

- Shaky or Jittery
- Sweaty
- Hungry
- Headaches
- Blurred vision
- Dizzy or lightheaded
- Pale
- Weak
- Sleepy or tired
- Confused or disoriented
- Uncoordinated
- Irritable or nervous
- Argumentative or combative
- Changed behavior or personality
- Trouble concentrating
- Fast or irregular heart beat

Severe Symptoms:

- Unable to eat or drink
- Seizures or convulsions (jerky movements)
- Unconsciousness