



## Acute complication of diabetes-hypoglycemia

### 糖尿病低血糖處理(英文)

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Good blood sugar control promotes health, prevents complications, enhances living quality, and prolongs life span.

#### Symptoms of hypoglycemia

Ponder the following questions to assist yourself in reducing the risk of hypoglycemia.

- What kind of symptoms would I have if the blood sugar level is too low?
- Should I bring along carbohydrate foods at all time?
- What should I do when hypoglycemia occurs?
- Could I avoid hypoglycemia when struck by the disorder?
- Do I monitor blood sugar level frequently?

#### How do I know that my blood sugar is too low?

- When patients sense hunger, dizziness, tremor, cold sweating, and lack of strength, their plasma glucose level is often lower than 70 mg/dl - the typical symptoms of hypoglycemia.
- If hypoglycemia-like episode occurs without low plasma glucose, it is likely the effect of long-term hyperglycemia; when blood sugar drops too rapidly during medication therapy, it could incur hypoglycemic reactions. At that time, do not panic and calmly cope with the problem in accordance with the hyperglycemia protocols.
- Continually observe symptoms and monitor blood sugar level.

(The content of the reference is from Association of Diabetes Educators)

## What kind of conditions often incurs the risk of hypoglycemia?

Commonly seen hypoglycemia etiologies:

- Insulin or OHA overdose
- Delayed meals after insulin injection or OHA intake
- Irregular dining hours or insufficient food intake
- Excessive exercise or work-out with an empty stomach
- Degeneration of hepatorenal function
- Alcohol drinking with an empty stomach

## Symptoms of hypoglycemia and coping methods

- Hypoglycemia symptoms include hunger, tremor, cold sweating, pale face, tachycardia, blurred vision, dizziness, lip numbness, dilatedness, drowsiness, short temper, personality change, and even coma.
- If a patient has long suffered from diabetes and iatrogenic hypoglycemia, there might not be distinct symptoms of hypoglycemia. This attenuated response is often referred to as "hypoglycemia unawareness" . Meanwhile, patients should check their capillary glucose level frequently in order to understand their own condition to prevent severe hypoglycemia or further stupor.

## Coping methods as hypoglycemia occurs:

- When conscious: intake 10-15 grams of sugary foods like a bottle of yogurt drink, 4-6 cubes of sugar, 4-5 candies, approximately 150cc of juice and soft drinks, 3 pieces of first-aid sugar, and a spoonful of honey or syrup. Take any of the aforementioned sugary foods every 10 minutes until the symptoms subside.
- Double check your blood sugar level 30 minutes later to see if your symptoms have eased; if not, check into the closest hospital.
- If there is more than one hour time lapse till next meal, take some more carbohydrate foods, like a slice of toast or a glass of milk, as supplement.

## When unconscious

Do not pour any liquid into the mouth of the patient; try to inject some honey or syrup or glucagon in between the patient's teeth and corner of

the mouth; then, take him/her to the ER immediately.

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若有任何疑問，請不吝與我們聯絡  
電話：(04) 22052121 分機 3229  
HE-10116-E