

# Goals of Diabetes

## Hypoglycaemia



The things that can increase the risk of low blood glucose levels are:

- Taking too much insulin with a meal.
- Exercise.
- Very hot weather.
- Not eating a meal.

You can try to avoid low blood glucose levels by monitoring your levels regularly and setting alarms to try preventing lows.

The common signs of low blood glucose levels are:

- Feeling shaky.
- Difficulty concentrating.
- Pale and sweaty.
- Feeling anxious or irritable.



I can treat low blood glucose levels by taking some glucose tablets or by drinking a sugary drink or glucose drink.

If you feel hypo, you should check your glucose level and then decide what to do next based on the blood glucose level.

It's important that parents review how to use glucagon, and they need to do this every year, and check its expiration date.

