

Symptoms of hypoglycaemia in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

Publication/Creation

Kenya : Ministry of Health, [2000?]

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What is HYPOGLYCAEMIA?

Hypoglycaemia is when blood sugar levels are lower than normal.

A diabetic person could have low sugars due to:



Drinking alcohol



Taking too much medication (overdose)

- Doing a lot of exercise without eating
- Skipping meals

Signs and symptoms of low blood sugar

1. Your heart beats faster
2. Shaking
3. Hungry
4. Feeling dizzy
5. Double vision
6. Confusion



7. Sweating too much



8. Very tired



9. Unconscious patient - Moisten Sugar and rub it on the gums.

NOTE: Do not give any liquids or food by mouth if person is unconscious.

If you have these signs & symptoms, immediately eat or drink sugar based foods such as:



Kenya Diabetes Management and Information Centre

For more information on Diabetes contact your nearest health facility or Diabetes Management & Information Centre. Tel: 2718010/2733794



WORLD DIABETES FOUNDATION