

## [TRANSCRIPT]

**Doctor:** Let's talk about how to deal with hypoglycemia or low blood sugar levels.

First off, a safety tip – people with diabetes should always wear a medical ID. If your blood sugar goes low and you can't treat yourself, others will know that you have diabetes and may need help.

**Super:** Not an actual doctor.

**Doctor:** Hypoglycemia is when your blood sugar gets too low, usually less than 70 mg/dL.

This can happen if you skip a meal, exercise too much, drink too much alcohol, or take too much diabetes medicine. Hypoglycemia can be dangerous, so it's important to know the signs and symptoms.

Some people start to feel sweaty, dizzy, hungry, irritable, shaky, confused, or have a rapid heartbeat.

You may have other symptoms, but the important thing is to get your blood sugar back to the range recommended by your doctor. The American Diabetes Association recommends a target blood sugar range between 80 and 130 mg/dL.

Here's how to do that without raising it too high.

Follow the Rule of 15: Eat or drink 15 grams of fast acting carbohydrates, wait 15 minutes, and check your blood sugar.

Here are some ways you can get those 15 grams of carbohydrates.

- Drink 4 ounces of juice or regular soda
- Drink 8 ounces of fat-free milk, or
- Eat one or two pieces of hard candy.

And repeat the rule of 15 if your blood sugar is not back to the recommended range. Once it's back, plan to eat a snack if your next regular meal is more than an hour or two away.

**Super:** Take in 15 grams of carbs  
Wait 15 minutes  
Take another reading  
After 30-60 minutes eat a small snack

**Doctor:** Talk with your doctor about what your blood sugar levels should be, and what to do if you experience lows.