

低血糖

Low Blood Sugar

Low blood sugar means not having enough sugar, also called glucose, in the blood. Low blood sugar is also called hypoglycemia, insulin shock or insulin reaction. Glucose is needed by the body's cells. A normal blood sugar level is 70 to 100. A blood sugar level below 70 is low.

Causes

Sometimes the cause is not known, but it may be from:

- Too much insulin or diabetes pills
- Meals that are skipped or late
- Too much exercise or unplanned exercise

Signs

There may be no warning signs or you may:

- Feel dizzy, shaky, nervous, weak or tired
- Sweat
- Feel hungry
- Feel moody or grumpy or not think clearly
- Not be able to speak
- Have blurred vision
- Feel a fast heart beat
- Feel numb around the mouth or lips
- Have a headache

低血糖是指血液中没有足够的糖（也称葡萄糖）。低血糖也称为低血糖症（hypoglycemia）、胰岛素休克或胰岛素反应。人体细胞需要葡萄糖。正常血糖水平是70-100。血糖水平在70以下即为过低。

原因

有时候原因不明，但可能是由于：

- 使用太多胰岛素或糖尿病药片
- 不吃饭或晚吃饭
- 太多锻炼或无计划地锻炼

症状

您可能没有警示症状或可能有以下症状：

- 头晕、颤抖、紧张、虚弱或疲惫
- 出汗
- 感觉饥饿
- 情绪忧郁或暴躁或思维混乱
- 无法说话
- 视力模糊
- 感觉心跳加快
- 感觉嘴部或嘴唇周围麻木
- 头痛

Your Care

When your blood sugar is low, you need to eat or drink food with sugar. **Do not eat too much.** Your blood sugar may go too high.

Eat or drink one of these:

- ½ cup or 120 milliliters of juice or soda (no diet, sugar free or calorie free drinks)
- 3 or 4 glucose tablets
- 1 tablespoon or 15 milliliters of sugar
- 1 cup or 240 milliliters of milk

Check your blood sugar in 15 minutes. If you blood sugar is still less than 70 or if you are not feeling better, eat or drink another serving of food or drink from the list.

When your blood sugar is 70 or more, you still need to eat something to keep your blood sugar from dropping again.

- If it is time for your next meal soon, eat your normal meal.
- If your next meal is more than an hour away, eat a snack. Try one of these:
 - Half a sandwich and 1 cup or 240 milliliters of milk, **or**
 - 3 crackers, 2 ounces of cheese and a small apple

To Prevent Low Blood Sugar

- Follow your meal plan. Eat meals and snacks at the same time each day. Do not miss or delay meals.
- Check and record your blood sugar levels. If you have low blood sugars more than 2 times in a week, call your doctor or diabetes educator. Changes may need to be made to your diet, medicine or exercise routine.

医疗护理

当您血糖较低时，需要摄入含糖的食物。**请勿摄入过多**，否则血糖水平可能变得过高。摄入以下任何一种：

- ½ 杯或 120 毫升果汁或汽水（非节食型、不含糖或无卡路里的饮料）。
- 3 或 4 个葡萄糖片
- 1 汤匙或 15 毫升糖
- 1 杯或 240 毫升牛奶

15 分钟之后检查血糖。如果血糖水平仍然低于 70 或您没有感觉好转，则再摄入一份列单上的食物或饮品。

当血糖水平为 70 或更高时，您仍需继续进食以使血糖水平不再下降。

- 如果很快就是下一次用餐时间，请正常进餐。
- 如果下一次用餐时间是一个多小时之后，请食用一些小吃。可尝试以下任何一种：
 - 半个三明治和 1 杯或 240 毫升牛奶；**或者**
 - 3 块饼干、2 盎司干酪和一个小苹果

若想避免低血糖

- 遵守您的用餐计划。每天在相同时间用餐及享用小吃。请勿错过或延迟用餐。
- 检查并记录您的血糖水平。如果您一周内有 2 次以上的低血糖状况，请联系您的医生或糖尿病教育人员。您的饮食、药物或锻炼计划可能需要作出改变。

- Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.
- Exercise regularly.
- 按医嘱服用您的糖尿病药物。如无医生建议，请勿服用更多的糖尿病药物。
- 有规律地锻炼。

To Stay Safe

- Keep glucose tablets and food such as crackers and juice with you at all times.
- Tell other people who work or live with you that you have diabetes and how to treat low blood sugar.
- Wear a medical bracelet or necklace to tell others that you have diabetes during a medical emergency.
- If you have Type 1 diabetes, people close to you should learn how to give a glucagon shot. Glucagon is a hormone used to raise blood sugar when a person is not alert or awake. A nurse can teach them how to give a glucagon shot.
- Call your doctor when you have frequent low blood sugars or wide swings from high to low blood sugar levels.
- Talk with your doctor and dietitian **before** starting a weight loss diet.
- Keep all your appointments with your doctor, diabetes nurse and dietitian.
- Call your doctor, nurse or dietitian with any questions or concerns.

若想安全无虞

- 随时随身备好葡萄糖片和食物，如饼干和果汁。
- 告诉和您一起工作或居住的人您患有糖尿病以及应该如何处理低血糖病况。
- 在急诊时佩戴一条医用腕带或颈链以告诉他人您患有糖尿病。
- 如果您患有 1 型糖尿病，您身边的人应该学会注射胰高血糖素。胰高血糖素是一种激素，用于当患者不警醒或昏睡不醒时提高血糖水平。护士可以教授胰高血糖素的注射方法。
- 如果您常常出现低血糖或血糖水平忽高忽低，请联系您的医生。
- 开始减肥餐食**之前**，请先咨询您的医生及营养师。
- 请按时参与医生、糖尿病护士和营养师的所有约诊。
- 如果您有任何疑问或担忧，请联系您的医生、护士或营养师。