

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

低血糖係指血液中沒有足夠的糖（亦稱葡萄糖）。低血糖亦稱為低血糖症（Hypoglycemia）、胰島素休克或胰島素反應。人體細胞需要葡萄糖。正常血糖水平是70-100。血糖水平在70以下為低血糖。

原因

有時原因不明，但可能是由於：

- 使用太多胰島素或糖尿病藥片
- 不吃飯或晚吃飯
- 運動過度或運動不規律

症狀

您可能沒有警示症狀或可能有以下症狀：

- 感覺頭暈、站立不穩、緊張、虛弱或疲累
- 出汗
- 有飢餓感
- 感覺憂鬱或暴躁或思維混亂
- 無法言語
- 視力模糊
- 感覺心跳加快
- 感覺嘴唇周圍麻木
- 頭痛

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.

醫療護理

當血糖低的時候，您需要食用含糖食物。**請勿食用過多，否則**血糖可能會變得過高。請食用以下一種食物：

- ½ 杯或 120 毫升果汁或汽水（非節食型、不含糖或無卡路里的飲料）。
- 3 或 4 個葡萄糖片
- 1 大湯匙或 15 毫升糖
- 1 杯或 240 毫升牛奶

在 15 分鐘之後檢查血糖。如果您的血糖水平仍低於 70，或如果您未感覺好轉，請再食用一份列單上的食物或飲品。

當血糖水平是 70 或更高時，您仍需吃一點食物以使您的血糖不再下降。

- 如果很快就是下次用餐時間，請正常進餐。
- 如果下次用餐時間是一個多小時之後，請吃一些小點心。可以吃以下一種：
 - 半份三明治和 1 杯或 240 毫升牛奶；**或者**
 - 3 塊餅乾、2 盎司乾酪和一顆小蘋果

避免低血糖

- 遵守您的用餐計劃。每天在相同時間用餐、吃點心。請勿錯過或延遲用餐。
- 檢查並記錄您的血糖水平。如果您在一週有 2 次以上的低血糖狀況，請致電您的醫生或糖尿病衛教人員。可能需要調整您的飲食、藥物或運動習慣。

- Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.
- Exercise regularly.
- 按醫囑服用您的糖尿病藥物。如無醫生建議，請勿服用更多的糖尿病藥物。
- 有規律地運動。

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.

保持安全

- 請隨時隨身備好葡萄糖片與食物，如餅乾和果汁。
- 請告訴和您一起工作或同住的其他人您患有糖尿病，以及應該如何處理低血糖狀況。
- 在急診時佩戴一條醫用腕圈或頸鏈，以便告知其他人您患有糖尿病。
- 如果您患有 1 型糖尿病，您身邊的人應該學會注射葡萄蛋白。葡萄蛋白是一種激素，在病友不清醒或醒不來時，可升高其血糖水平。護士能教他們如何進行葡萄蛋白注射。
- 如果您常有低血糖或血糖水平或高或低的情況，請致電您的醫生。
- **先**諮詢您的醫生及營養師，然後再開始進行減肥飲食。
- 請按時參與醫生、糖尿病護士和營養師的所有約診。
- 如果您有任何疑問或擔憂，請諮詢您的醫生、護士或營養師。