

Diabetes UK

Raising awareness

Who Am I?

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I have been with Diabetes UK since last year.

- What is Hypo?
- Signs and Symptoms of Hypo
- Management of Hypo.

- Hypo is simply low glucose (sugar) of less than 4.0 mmols in your blood. Before you experience hypo you will feel a bit strange. This means **ACT** or **DO SOMETHING**.
- If you don't act, it could get worse and one start's feeling confused and drowsy which is called severe hypo.

- I feel tired
- I feel confused
- I feel drowsy
- My heart beats quickly
- I get dizzy vision
- I feel hot and sticky
- My lips tingle
- I go pale
- I feel hungry

Management of hypo

- Treat immediately with eating or drinking 15g -20g of fast acting carbohydrates. This could be:

- o Three glucose or dextrose tablets

- o Sweets such as jelly babies

- o Small glass of sugary drink

- o A small carton of orange juice

- o A tube of glucose gel

Decide what works best for you, choose your preference and it may depend on how easy it is to carry and store.

- **REMEMBER-** the soft drink industry levy (also called the sugar tax) that came into force April 2018. This is a levy that will charge soft drink manufactures for providing soft drinks that are high in added sugar. This may affect the product you use to treat hypo requiring more intake.
- **SUGAR REDUCTION PROGRAMME-** run by the Public Health England to reduce the amount of sugar in foods by 20% in 2020. This focusses on food products most commonly eaten by children i.e. sweets, chocolate, yogurt and biscuits just to mention a few. Check on food labels and contents as the new lucozade is approximately 50% less sugar.

Remember A, B,C,D,E

- A. Stop whatever you are doing
- B. If you are with anyone let them know
- C. Test your blood glucose (sugar)
- D. Eat or drink some fast acting carbohydrate
- E. Sit down until you feel better. After 15 minutes test your blood sugar again, if it low, eat a bit more fast acting carbohydrate. Check blood glucose every 15 minutes until it is stable. You may need to eat a slow acting carbohydrate to avoid recurrence of hypo. This could be a sandwich, piece of fruit, bowl of cereal, glass of milk or your due main meal.

- However- if you do not do A,B,C, D and E and get a severe hypo that leads to confusion and then one becomes unconscious.
- Put the person in recovery position on their side, with your head tilted back and knee bent.
- Get a glucagon injection- if there is one and someone knows how to use it.
- Call the ambulance- if you do not have a glucagon injection or if you have not recovered 10 minutes after the injection
- Keep a record of hypo, also see if there is any trends of hypos as this may help your healthcare team to plan your treatment option better.

- Finally wear a bracelet if you can as this may save time and get you help immediately in a time of need!!!

Story: “ I was so embarrassed to wear my bracelet. One day I was trying to get home and wandered past a pub, well out of it. The police arrived and thought that I was drunk and disorderly as I was staggering. One of them noticed, luckily, that I did not smell of alcohol. So they took me to the hospital. By that time my blood glucose level was very, very low. Later, I realized that if I had been wearing my bracelet the police would have known much quicker and acted immediately.

Any questions?

Thank you for listening.