

MyCARE

With me, every step of the way



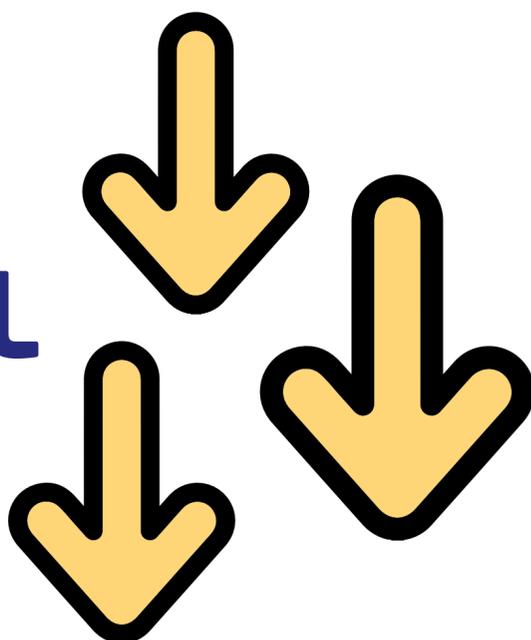
“ Let’s understand **WHAT IS HYPOGLYCEMIA?** ”



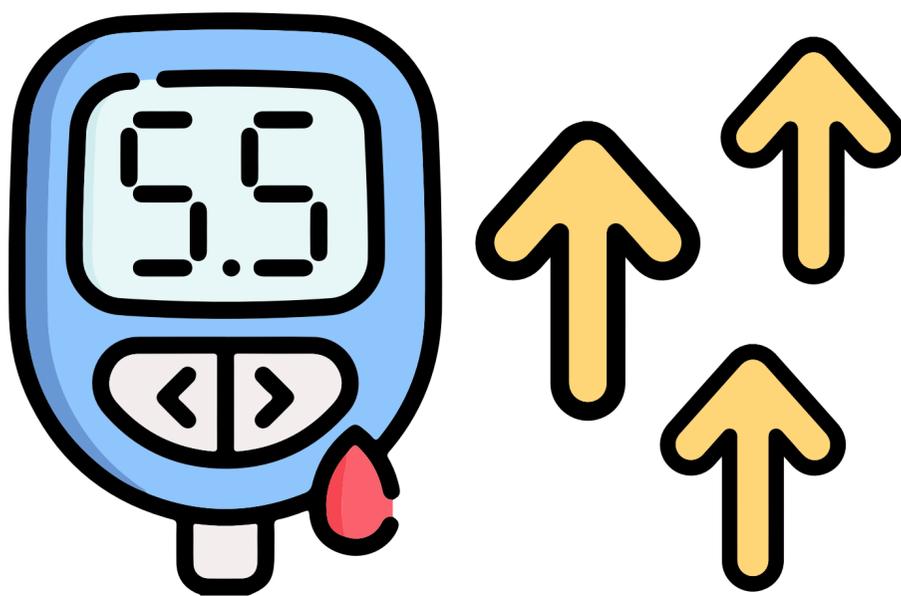
Your blood glucose levels **VARY THROUGHOUT THE DAY** which is a normal scenario.

But, when your **BLOOD GLUCOSE LEVELS FALL BELOW 70 mg/dL**, it's called **HYPOGLYCEMIA**.

70 mg/dL



In this scenario, **YOU NEED TO TAKE IMMEDIATE ACTION** to bring them back to your target range.



BUT WHAT CAUSES HYPOGLYCEMIA?

TAKING THE WRONG TYPE
of Insulin, **TAKING MORE**
INSULIN, TAKING INSULIN
INTO THE MUSCLE instead of
just under the skin.



SKIPPING A MEAL or eating food with fewer carbohydrates without reducing the dose of Insulin.





DOING MORE PHYSICAL ACTIVITY

beyond the usual
routine



DRINKING ALCOHOL

without eating
enough food



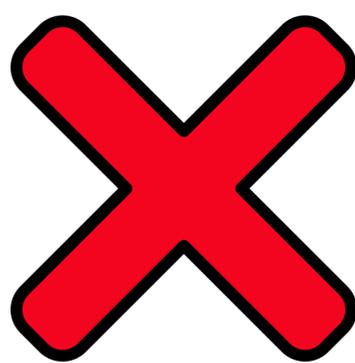
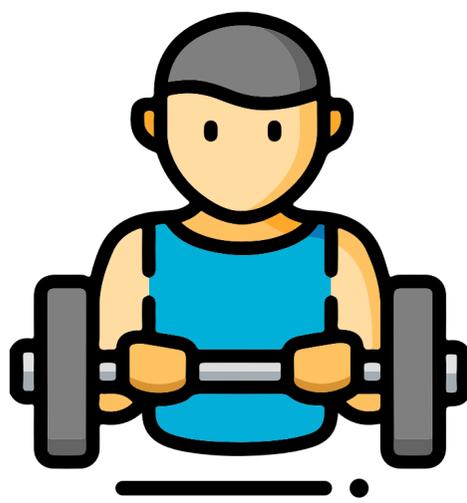
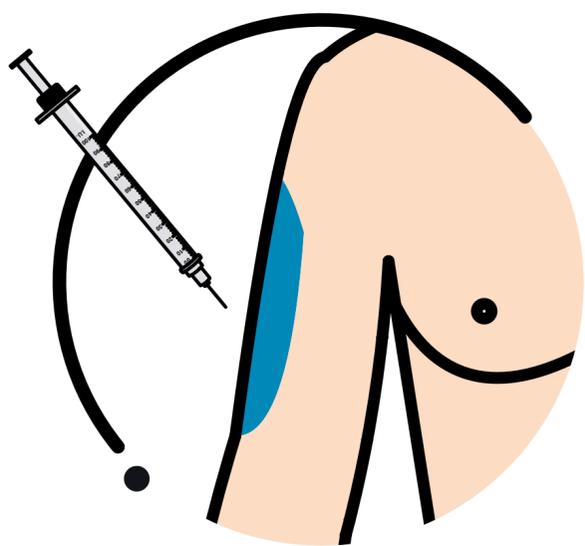
EATING LESS

when you are sick

TAKING A HOT WATER BATH/STEAM or sauna immediately after injecting Insulin can cause quick absorption of Insulin causing Hypoglycemia.



**TAKING INSULIN ON YOUR
ARMS OR THIGHS AND
THEN IMMEDIATELY
EXERCISING** that body part.



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator ”



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Reference

- Hypoglycemia (Low Blood Glucose) | ADA. (2021). Retrieved 1 December 2021, from <https://www.Diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/hypoglycemia>
- Chawla, R., Madhu, S., Makkar, B., Ghosh, S., Saboo, B., & Kalra, S. (2020). (2020). RSSDI-ESI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2020. *International Journal Of Diabetes In Developing Countries*, 40(S1), 1-122. doi: 10.1007/s13410-020-00819-2

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