

MyCARE

With me, every step of the way



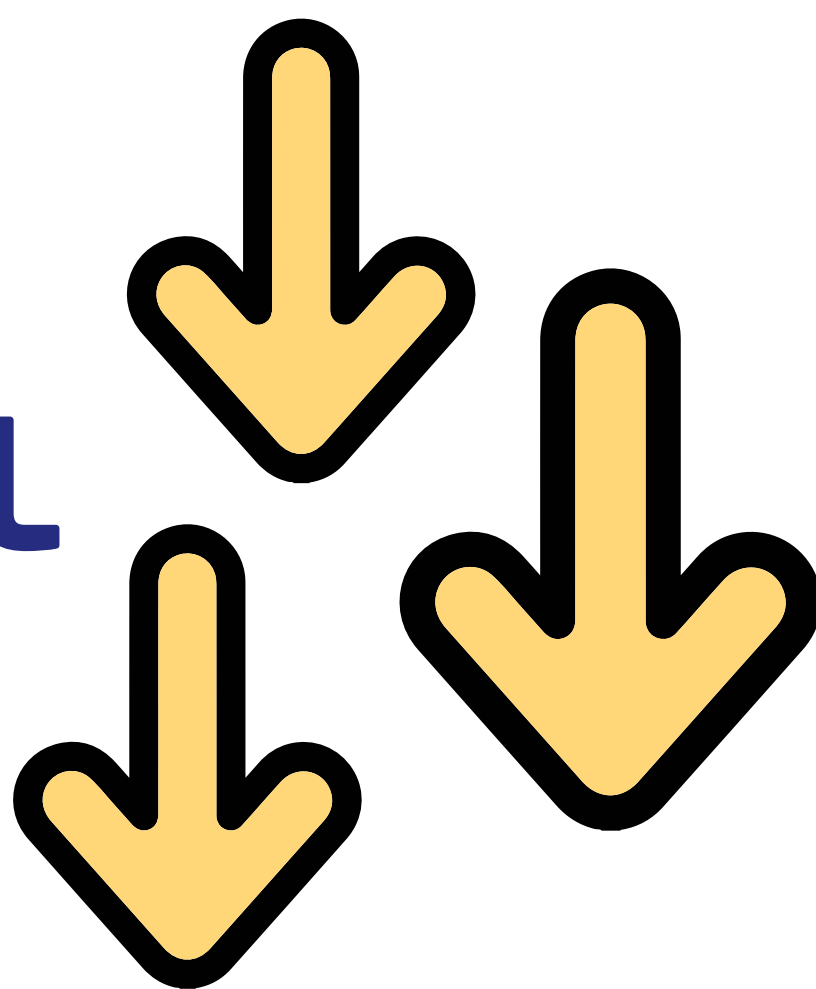
“ Let’s understand **WHAT IS HYPOGLYCEMIA?** ”



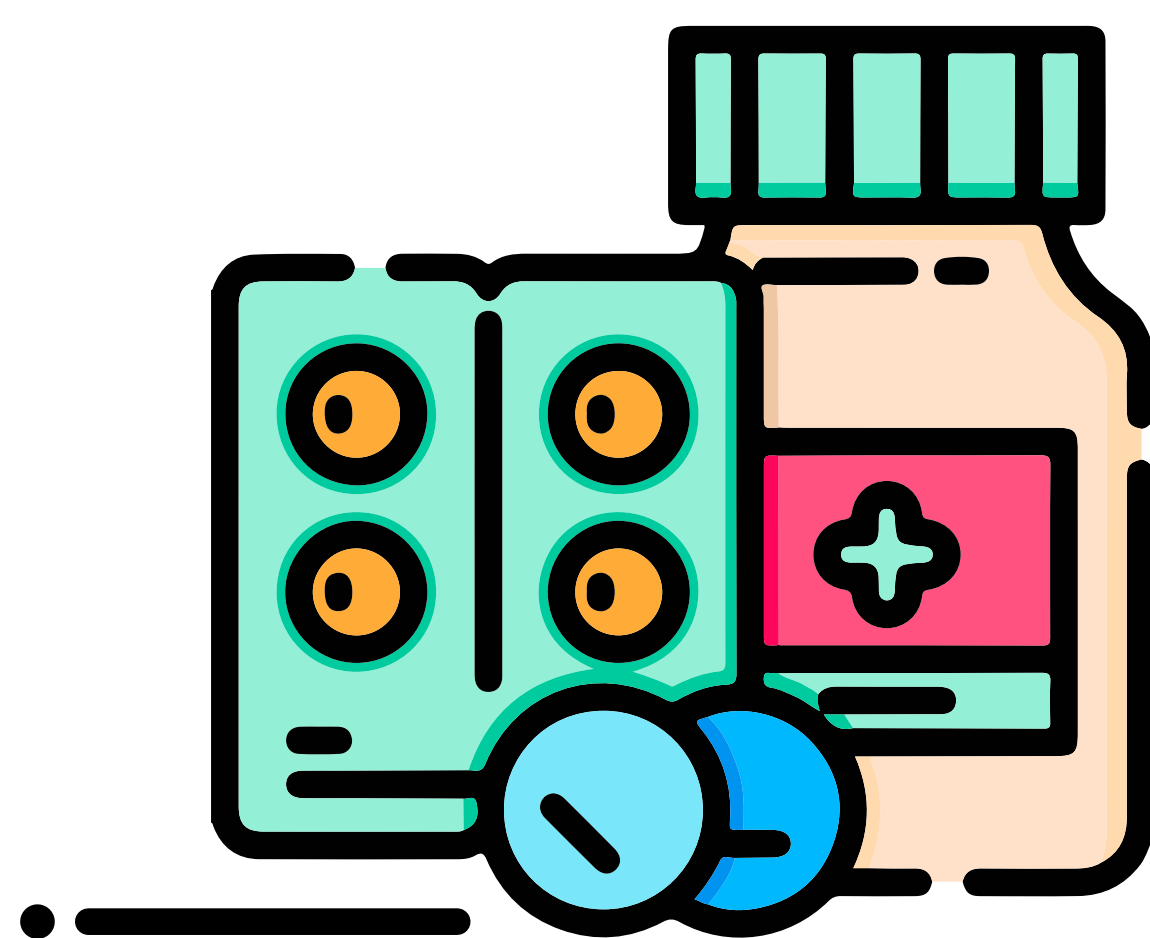
Your blood glucose levels **VARY THROUGHOUT THE DAY** which is a normal scenario.

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

70 mg/dL



It **MAY BE A CAUSE OF CONCERN** with some anti-diabetic medications like Sulphonylureas or Glinides and Insulin.

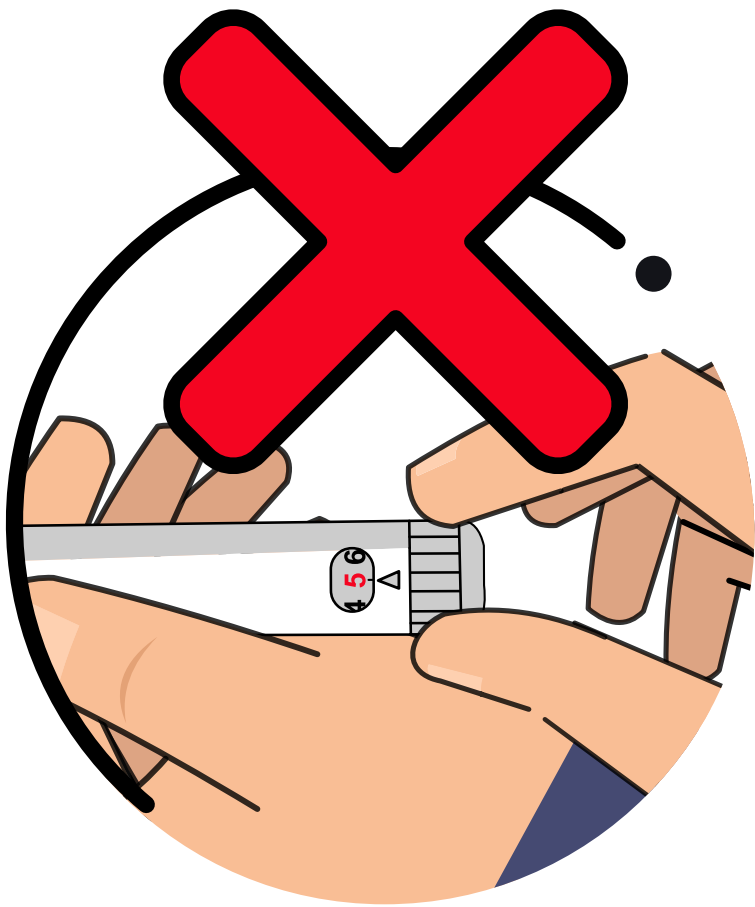


In this scenario, **YOU NEED TO TAKE IMMEDIATE ACTION** to bring the blood glucose levels back to your target range.

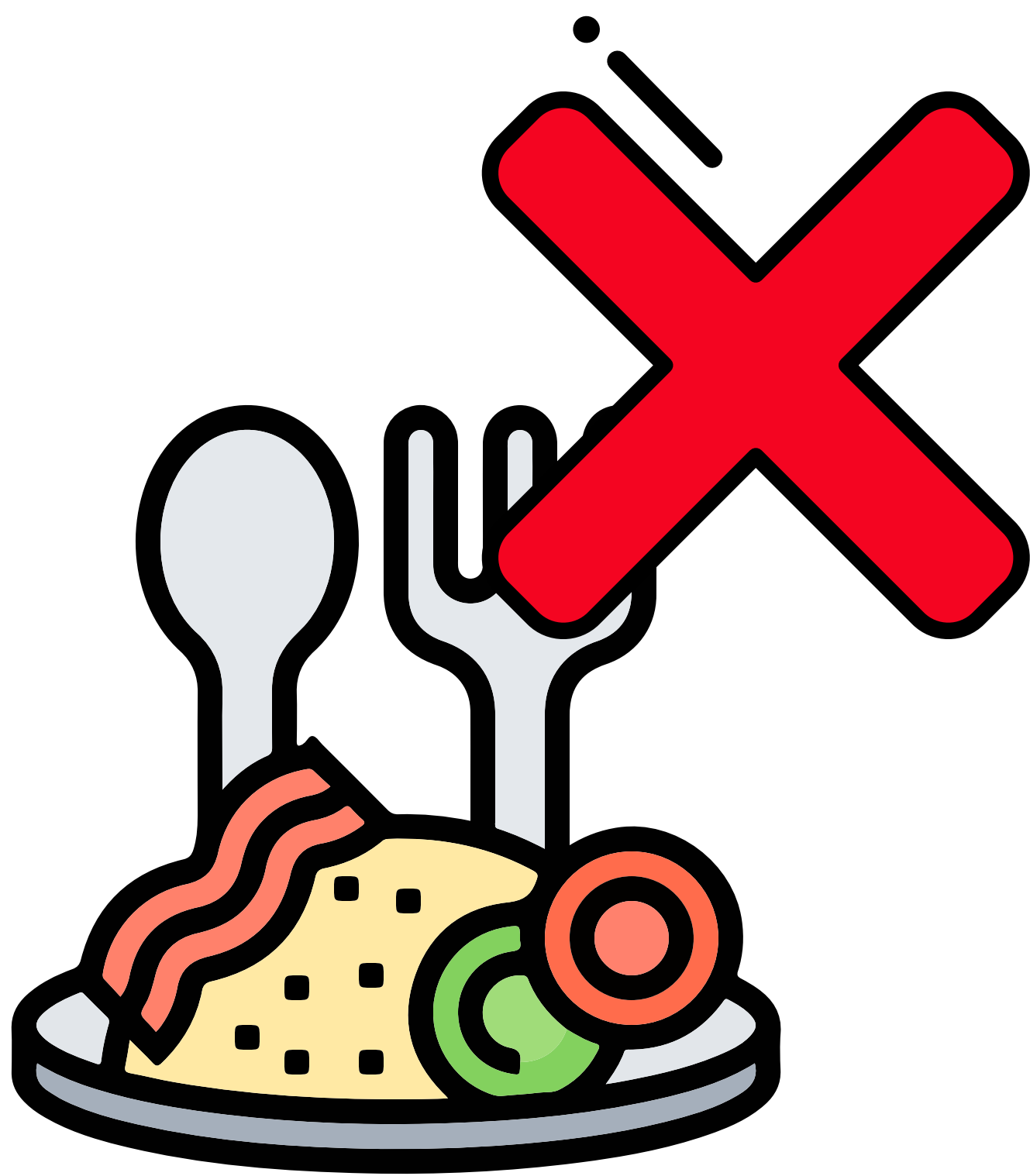


BUT WHAT CAUSES HYPOGLYCEMIA?

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

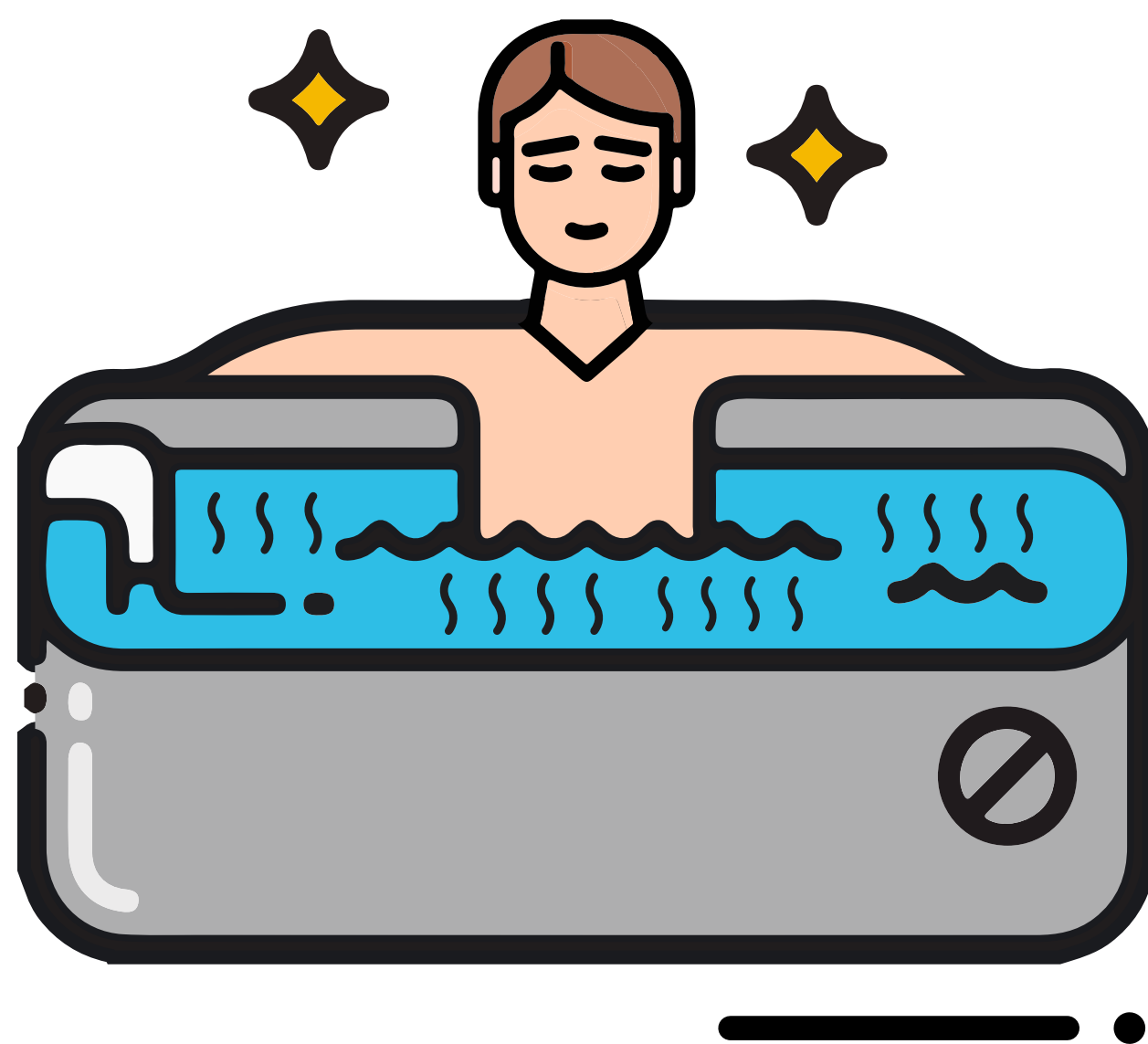
without eating
enough food



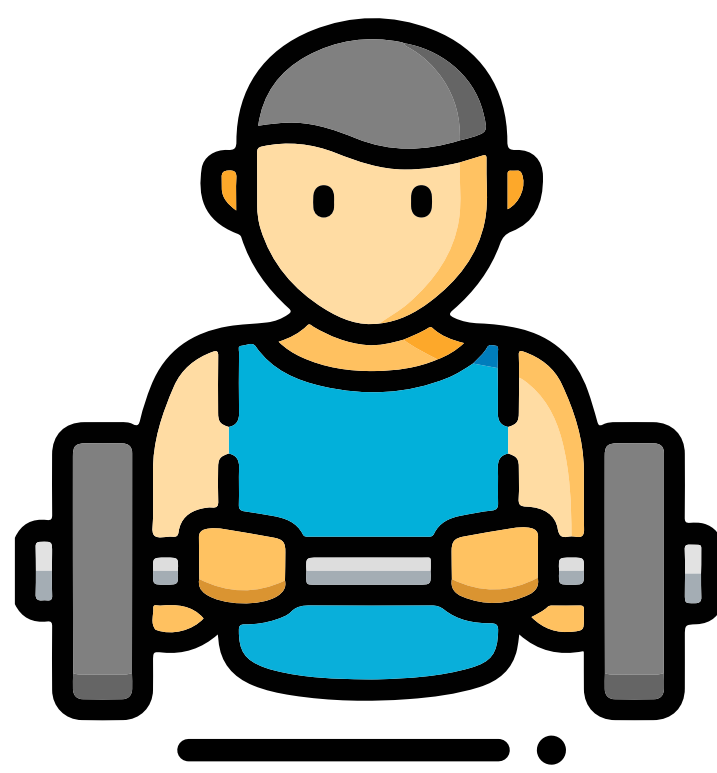
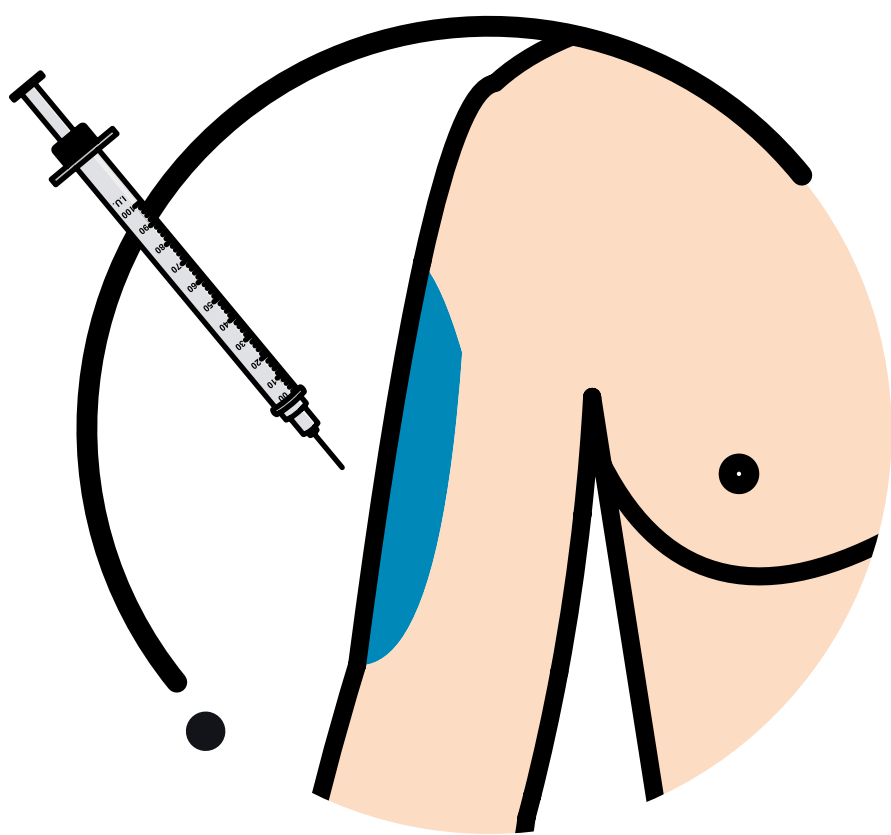
EATING LESS

when you are sick

**TAKING A HOT WATER
BATH/STEAM** or sauna
immediately after injecting
Insulin.



**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 ”



MyCARE

With me, every step of the way

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

Issued in Public Interest by



The guide/presentation/content/literature is for general information, guidance and educational purposes only and is not complete or exhaustive. The guide /presentation/content/literature is not intended or implied to replace or substitute any current practice and or advice/guidance/diet provided by healthcare professionals. This guide/presentation/content/literature does not constitute any treatment/therapy/medication/diet/opinions for any patients who are on diabetes medication, the patients are required to prior consult their healthcare professional before acting on any change on treatment/therapy/ medication/diet and/or opinions. USV Private Limited makes no representations as to accuracy, completeness, correctness, suitability or validity of any information contained in this guide/presentation/content/ literature and will not be liable for any losses, injuries or damages arising from its use.

