

# PEHP Diabetes and YOU

## Skill Building: Hypo and Hyperglycemia

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- How do you feel when your blood sugar is low? What signs and symptoms do you have?
- Do you have snacks on hand, portioned in servings of 15 grams of carbohydrate, in case you need to treat low blood sugar?

Here are some ideas:

- 4 oz (1/2 cup) cup of juice-orange, apple, or grape juice
  - 4 oz (1/2 cup) cup of regular soda pop (not diet)
  - 3 or 4 glucose tablets
  - 5-6 hard candies that you can chew quickly (such as mints)
- After reading the fact sheet on hypoglycemia, will you do anything differently if/when you experience low blood sugar (and then treat it)?
- After how many days of having a higher than goal range blood sugar should you contact your health care provider?
- These four steps can help you avoid high blood sugars:
  - Exercising regularly
  - Taking medicine as directed
  - Following your diabetes eating plan
  - Checking your blood sugars as directed by your doctor
  - Working with your doctor so your diabetes medications are the right fit for you

Of the above recommendations, what can you do to better regulate your blood sugars?