

Low Blood Sugar: Definition, Symptoms



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Low blood sugar (hypoglycemia) is the most common and most dangerous condition for many people with type 1 diabetes. Very low blood sugar may lead to insulin shock, which can be life threatening if not promptly treated. Low blood sugar occurs when the body has too little food/glucose or too much insulin. The following are all potential reasons that a person with diabetes might have low blood sugar:

- Too much insulin taken
- Eating less than usual
- Eating later than usual
- Insulin was injected at a site on the body where the absorption rate is faster than usual
- Injecting extra insulin after forgetting about a previous dose
- More exercise than normal
- Illness or injury
- Other hormones
- Medication interaction

The following is a list of *general* symptoms that indicate low blood sugar (the person with type 1 diabetes may exhibit one or more of these):

- Dizziness
- Nervousness
- Personality change/irrational behavior
- Blurry vision
- Shakiness
- Nausea
- Crying
- Sluggishness
- Sweating
- Poor coordination
- Hunger
- Lightheadedness
- Irritability
- Drowsiness
- Erratic response to questions
- Inability to concentrate

Severe Symptoms (symptoms as listed above, plus):

- Convulsions
- Unconsciousness