



# TRINAYAN

## HEALTH CARE & RESEARCH CENTRE

### HOSPITAL

BORGHAT, NH BYEPASS, NAGAON, ASSAM-01  
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# Accr. in Diabetes from Harvard Medical School, USA. # Accr. in Diabetes & Endocrinology from Joslin's Diabetes Centre, Boston, USA. # Accr. in Cardiology From European Board-European Cardiology Society. # Accr. From John Hopkins University School of Medicine USA.

Experienced & Former Medical Officer -

Charak Palika Hospital, NDMC, Delhi. \* PGIMER Dr R. M. L. Hospital, Delhi. \* Safdarjang Hospital & V.M. Medical College, Delhi. # Recipient of CHIKITSAK RATNA AWARD. EX - INTENSIVIST - Metro Hospitals & Heart Institute, Noida, NCR.

## HYPOGLYCEMIA

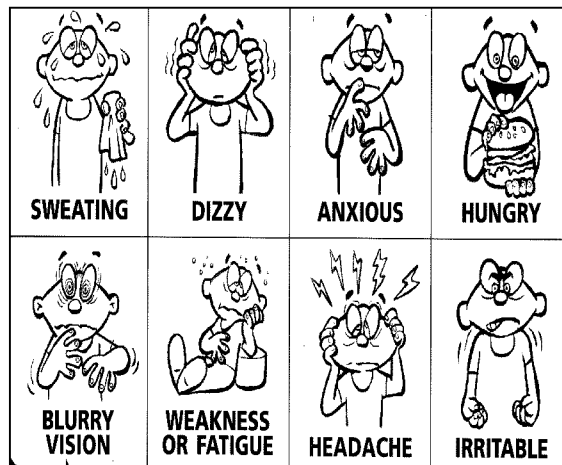
Hypoglycemia, also called low blood glucose or low blood sugar, occurs when blood glucose drops below normal levels. Hypoglycemia can happen suddenly. However, it can be treated easily by eating or drinking small amounts of sugar-rich food.

If hypoglycaemia is left untreated, a person can faint. Severe hypoglycaemia can lead to seizures, coma, and sometimes even death. Side effect of some diabetes medications, Too much physical activity, Missed meals, Eating very little, Alcoholic drinks. Caution is the key to fight the incidence of hypoglycaemic episodes. Knowing the symptoms of hypoglycaemia, understanding the treatment approaches and making a fool proof diabetes management plan can avoid the episodes of hypoglycaemia.

Avoid the common causes of hypoglycaemia which include:- Take medications as advised by your doctor, Avoid too much physical activity, Do not miss meals, Eat a balanced, nutritious diet, Limit alcohol intake.- Do not drink on an empty stomach.

**If you have symptoms that make you Very uncomfortable and you feel that you do not have the time to check your blood glucose, eat first and then immediately check your blood glucose levels.**

The common complaints of hypoglycemia include -  
Hunger Nervousness  
Sweating Trembling  
Giddiness Weakness  
Sleepiness Confusion  
Difficulty speaking, Anxiety  
Headache Increased heart rate  
Irritability  
Impaired vision



**হাইপোগ্লাইসিমিয়া** বা নিম্নমাত্রা তেজৰ গ্লুকোজ - মানে স্বাভাবিক স্তৰৰ তলত তেজৰ গ্লুকোজ নামি যায়। হাইপোগ্লাইসিমিয়া আকস্মিক ভাবে ঘটিব পাৰে। ইয়াক সহজে থিক কৰিব পাৰে। যেনে-অলপ মিঠাই, চেনি বা 3-4 গ্লুকজ টেব্লেট বা মিথা ফলৰ বস খাব।

যদি হে হাইপোগ্লাইসিমিয়া চিকিত্সাধীন হলে অথবা সময় মতে চিকিত্সা নকৰিলে - অচেতন হব পাৰে, বা মিৰ্গি ভাৱ, ক'মা বা মৃত্যু হব পাৰে।

## হাইপোগ্লাইসিমিয়া ঘটাব কাৰন বোৰ:-

কিছু ডায়েবেটিচৰ ঔষধৰ বাবে, অত্যাধিক শাৰীৰিক পৰিশ্ৰম, আহাৰ বাদ দিয়া, অত্যন্ত কম পৰিমাণৰ খাদ্য গ্ৰহণ, সুৰাজুত পানি গ্ৰহণ ইত্যাদি

## নিম্ন লিখিত অবস্থা হব পাৰে হাইপোগ্লাইসিমিয়া ঘটিলে:-



আৰু কথা কওঁতে অসুবিধা, বিশৃঙ্খলা।

### WHAT CAN YOU DO?

**CHECK**  
your blood glucose, right away. If you can't check, treat anyway.

**TREAT**  
by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

**CHECK**  
your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.