

Home Treatment

Learn how to deal with low blood sugar levels. If you have diabetes, you are at risk for low blood sugar levels (hypoglycemia) and need to keep some type of food with you at all times that can quickly raise your blood sugar level. Symptoms of hypoglycemia are trembling, clamminess, anxiety, abnormal heart beating, hunger, confusion, headaches and sweating. If not quickly treated, it can result in coma and death. Eating quick-sugar food puts glucose into your bloodstream in about 5 minutes. Any quick-sugar food on this list will raise your blood sugar about 30 milligrams per deciliter (mg/dL) in about 15 to 20 minutes:

Quick-sugar foods	
Food	Amount
Table sugar	1 tablespoon
Fruit juice or regular soda pop	½ cup
Fat-free milk	1 cup
Honey or corn syrup	1 tablespoon
Jam	2 tablespoons
Raisins	2 tablespoons
Gumdrops	17 small
Life Savers candy	8 pieces
Hard candy	3 pieces
Glucose tablets	3 tablets
Glucose gel	½ tube

Local Resources

American Diabetes Association

557 Roy St # L1
Seattle, WA 98109
(206) 282-4616
www.diabetes.org

Joslin Diabetes Center at Swedish Medical Center

910 Boylston Ave
Seattle, WA 98104
(206) 215-2440
www.joslin.org

Virginia Mason Medical Center: Endocrinology and Diabetes

925 Seneca St
Seattle, WA 98101
(206) 223-6627
www.virginamason.org

More information

www.childrenwithdiabetes.com

www.niddk.nih.gov

www.diabetesnet.com

*Images from
www.dva.gov.au/health/menshealth/07_diabetes.htm

Al-Shifa Clinic

Email: alshifa@u.washington.edu

Website: <http://students.washington.edu/alshifa>

Diabetes



What is diabetes?

Diabetes prevents the body from properly using food. Insulin, a hormone made in the pancreas, allows the body to turn sugar into storable energy. People with diabetes either cannot make insulin or insulin being made cannot properly be utilized by the body. Without insulin the body's main energy source, sugar, builds up in the blood.

17 million people in the U.S. have been diagnosed with diabetes, and of those, 2 out of 3 die of stroke, heart disease, and other complications; however, properly identifying and treating diabetes can greatly minimize these risks

Diabetes can generally be classified into two categories:

-Type 1 (10% of population): also known as juvenile diabetes is common in children and tends to have a rapid onset. These people cannot make insulin and need it given to them.

-Type 2 (90% of population): more commonly found in older, obese individuals and thus has a slower onset. Type 2 is due to insulin resistance where the body no longer responds to insulin.

Who is at risk?

- Nearly 7 million (20%) of the United States population over age 65 have diabetes.

- Two million (10%) of all Latino Americans have diabetes and are twice as likely to acquire it then the general population, with 1 in 4 Latinos over age 45 having the disease.

- Almost 105,000 (15%) Native Americans and Alaska Natives have diabetes.

- Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

Symptoms

Type I- rapid onset

- excessive thirst, dehydration
- fatigue
- frequent urination
- blurred vision
- trembling
- hunger
- sleepiness
- pale skin
- dizziness
- clumsiness
- headaches



Type II- slower onset

- Losing weight without trying
- Elevated blood pressure
- Fatigue
- Nausea
- Frequent urination
- Increased or constant thirst
- Slow healing of sores

Treatment

Medical

- Consultation- Your physician will test your blood and urine for glucose levels.
- Insulin injections and constant monitoring of blood glucose.
- Various medications which help lower blood glucose.

Non-medical supplementation

Type 1

- Eating meals at same time everyday keeps blood sugar stable
- Children with diabetes often need to eat snacks during the day and before/after exercise
- Regular exercise

Type 2

- Increase exercise
- Diet
 - Foods low in fat, moderate protein, high starch, high fiber, for example: beans, vegetables, and grains.
 - Avoid refined sugar, sugar products, junk foods, alcohol, caffeine, and tobacco.
 - Avoid deep fried foods.
 - Avoid a high salt diet.
 - Replace butter with unsaturated oils such as vegetable oil and olive oil.