

## Hypoglycemia – What is it and WHAT can you do????

Low blood sugar (glucose) occurs when the insulin the athlete is taking is stronger than his or her body needs at that time. It could be due to taking the same amount of medication taken each day AND eating less or exercising more. It could also occur if the individual loses weight and continues to take the same amount of medication.

If low blood sugars are occurring several times per week or more, the athlete should contact the individual's health care provider to help direct changing the insulin dosing particularly during exercise.

If the athlete feels shaky, hungry, sweaty, cranky, has slurred speech, or just feels “funny”, have him/her check a blood glucose value. If it is less than 70 mg/dl treat with any of the following:

### Preferred treatments:

- 4 oz juice or regular soda
- 1 cup milk
- 4 glucose tablets
- 4 saltine crackers



OR any source of food or beverage with 15 grams of carbohydrate

Have the athlete check a blood glucose again in 15-20 minute and make sure the blood glucose level is above 80 mg/dl. If not, treat again with 15 grams of carbohydrate.

If the blood sugar is so low the athlete cannot chew and swallow, an injection of glucagon should be given (training prior to his event is critical – ask the student/parent to help you learn how to use a glucagon kit before a crisis arrives!). After giving the injection, call 911. A low blood sugar if not treated can become severe and cause the student to pass out or have a seizure.

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