

# MyCARE

With me, every step of the way



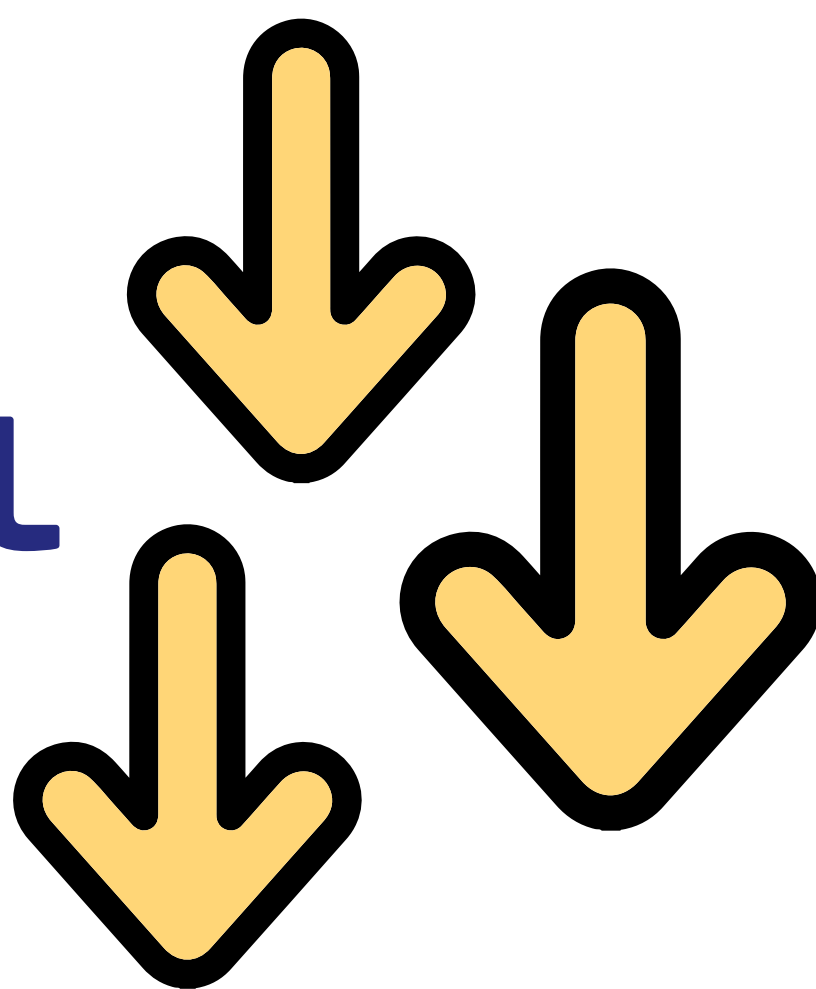
“ Let’s understand **WHAT IS HYPOGLYCEMIA?** ”



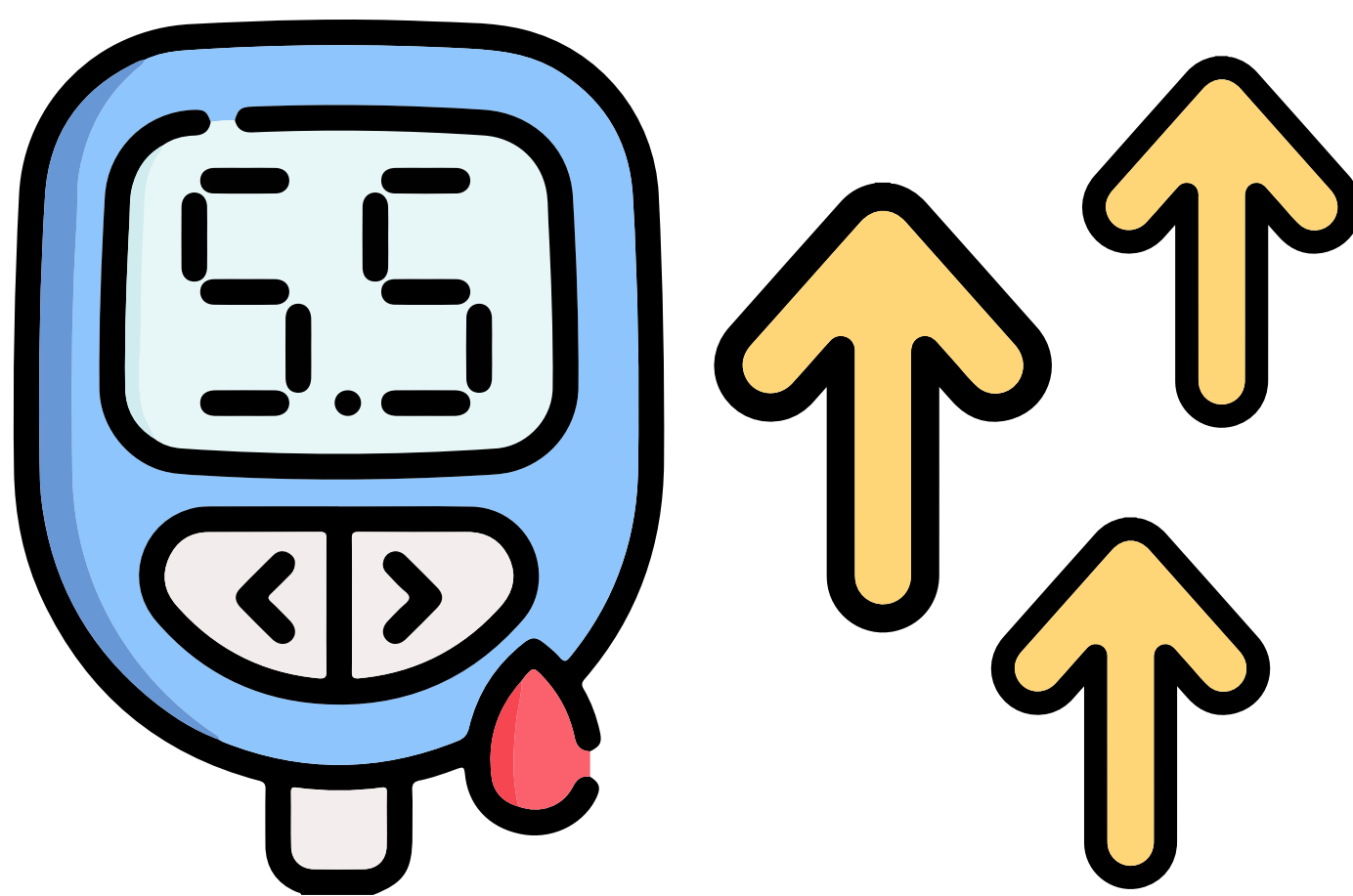
Your blood glucose levels **VARY THROUGHOUT THE DAY** which is a normal scenario.

But, when your **BLOOD GLUCOSE LEVELS FALL BELOW 70 mg/dL**, it's called **HYPOGLYCEMIA**.

**70 mg/dL**

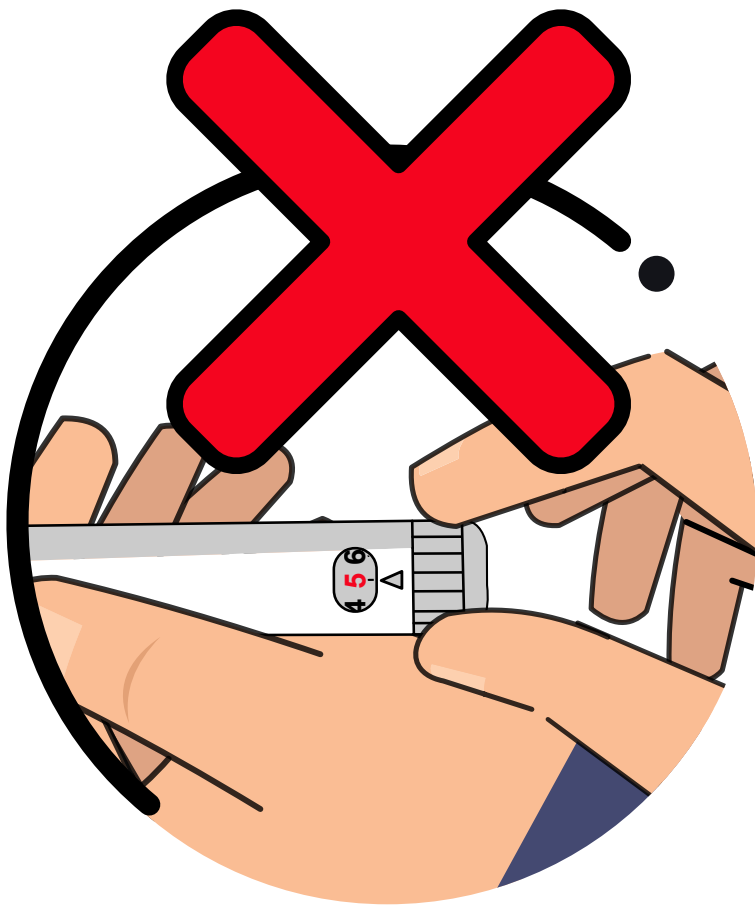


In this scenario, **YOU NEED  
TO TAKE IMMEDIATE ACTION**  
to bring them back to your  
target range.



# BUT WHAT CAUSES HYPOGLYCEMIA?

**TAKING THE WRONG TYPE**  
of Insulin, **TAKING MORE**  
**INSULIN, TAKING INSULIN**  
**INTO THE MUSCLE** instead of  
just under the skin.



**SKIPPING A MEAL** or eating food with fewer carbohydrates without reducing the dose of Insulin.





## **DOING MORE PHYSICAL ACTIVITY**

beyond the usual  
routine



## **DRINKING ALCOHOL**

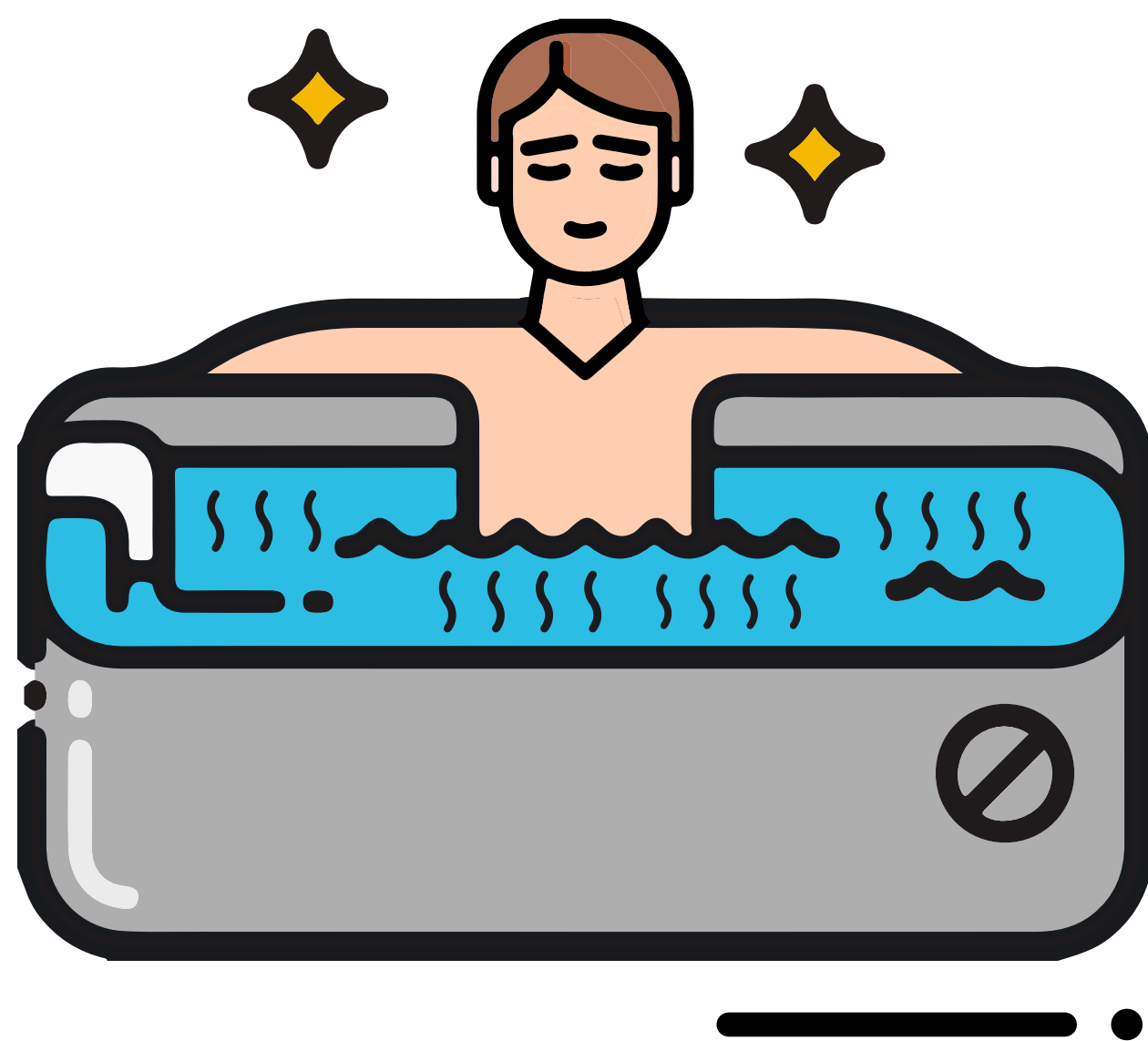
without eating  
enough food



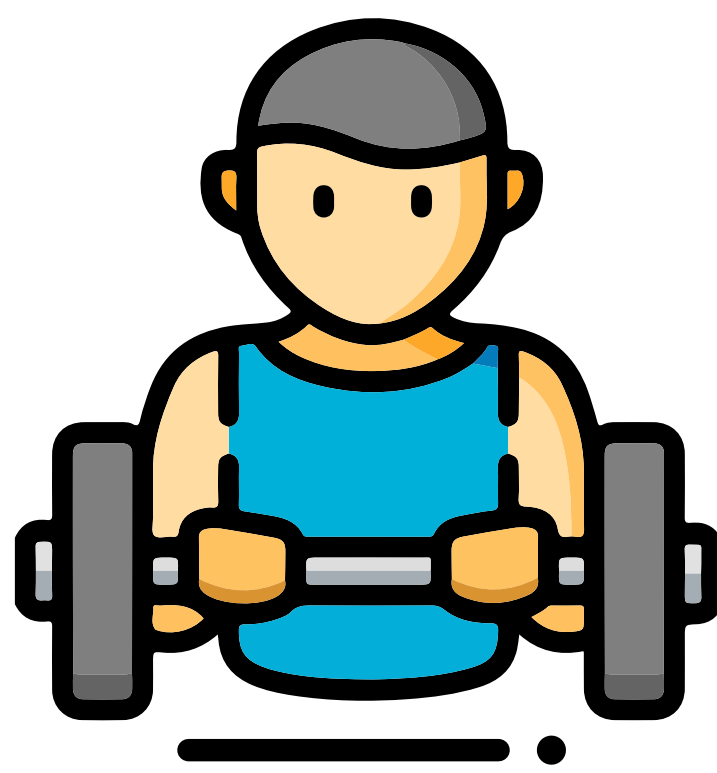
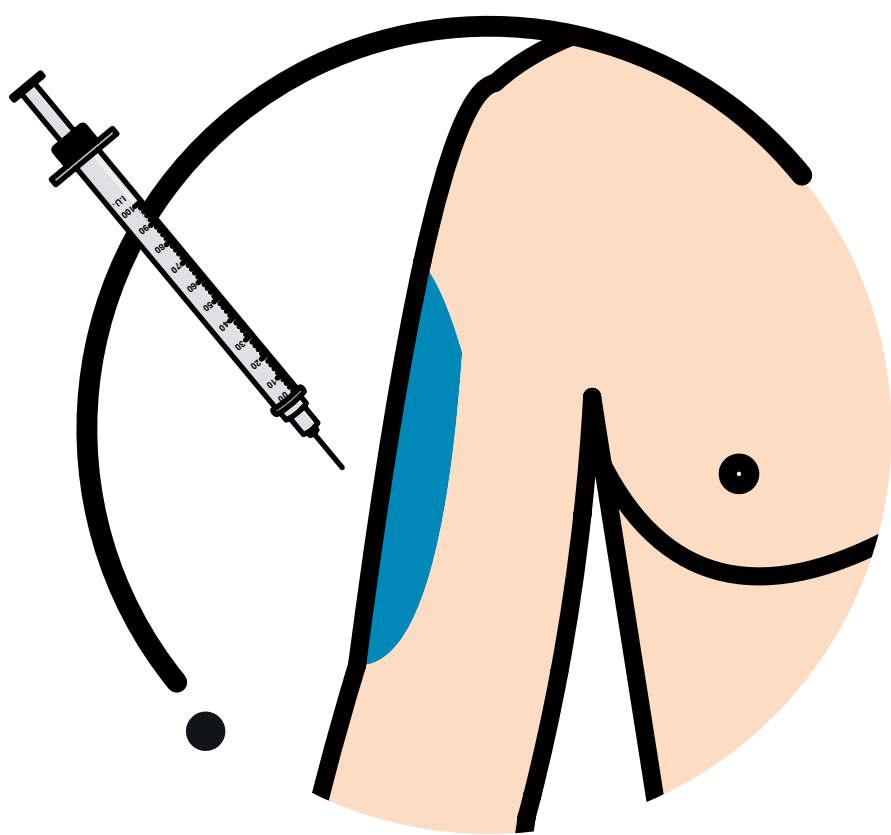
## **EATING LESS**

when you are sick

**TAKING A HOT WATER  
BATH/STEAM** or sauna  
immediately after injecting  
Insulin can cause quick  
absorption of Insulin causing  
Hypoglycemia.



**TAKING INSULIN ON YOUR  
ARMS OR THIGHS AND  
THEN IMMEDIATELY  
EXERCISING** that body part.





“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator** ”



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## Reference

- Hypoglycemia (Low Blood Glucose) | ADA. (2021). Retrieved 1 December 2021, from <https://www.Diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/hypoglycemia>
- Chawla, R., Madhu, S., Makkar, B., Ghosh, S., Saboo, B., & Kalra, S. (2020). (2020). RSSDI-ESI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2020. International Journal Of Diabetes In Developing Countries, 40(S1), 1-122. doi: 10.1007/s13410-020-00819-2

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