

低血糖症狀及處理

Hypoglycemia and Treatments

What is diabetes?

Under normal circumstances, the body will convert starchy foods into glucose to serve as fuel for body. Insulin is a hormone produced by the pancreas, which helps glucose enter the cells and provide energy. However, diabetes patients can not produce enough insulin or can not use insulin effectively or produce insulin resistance, so that glucose can not properly enter the cells, leading to rising level of blood glucose level.

Blood glucose

1. Blood glucose is the glucose produced after the human body completes the digestion process of food, to serve as fuel source.
2. The ideal blood glucose level before meal should be controlled in the range of 80~120 mg/dl.
3. Diabetes patients usually will be accompanied by symptoms of blood cholesterol abnormality.

Hypoglycemia and Treatments

1. What is hypoglycemia?

When the glucose content is lower than 50-60g/dl or there are occurrence of hypoglycemia symptoms.

- (1) Insulin or hypoglycemia drugs overdose.
- (2) No intake of food after taking blood sugar-lowering drugs or insulin injection.
- (3) No extra food supplement after an increase in physical activity.
- (4) Liver and kidney dysfunction.
- (5) Drinking alcohol or taking aspirin, sulfa agent or beta-blocker at the same time.

2. Symptoms of low blood sugar:

- (1) Autonomic symptoms: The occurrence of hunger, trembling, cold sweating, heart palpitation and rapid heartbeat during the initial stage.
- (2) Central nervous system: Drowsiness, unconsciousness, convulsion and coma.
- (3) Non-specific symptoms: Headache, dizziness, nausea and lip numbness.

3. Hypoglycemia prevention:



- (1) Take three meals and snacks daily at regular time and at a fixed amount.
- (2) Take note on warning signals.
- (3) Do not exercise with an empty stomach.
- (4) Take oral medication on time and do not keep a long interval with food intakes.
- (5) The insulin injection dose must be accurate, and you should eat within half an hour after the injection.
- (6) Carry candies and cookies along with you anytime and prepare an identification card.
- (7) If the blood sugar concentration is ≤ 110 before bedtime, then you should take a snack.
- (8) For patients with “no hypoglycemia awareness” avoid overly strict control of blood sugar.

4. What should the surrounding people do in the event of hypoglycemia coma?

- (1) Do not inject the patient with insulin.
- (2) Do not feed the patient forcefully.
- (3) Maintain a free respiratory tract of the patient.
- (4) Inject the patient with glucagon.
- (5) Call 119 for help.

5. Hypoglycemia treatment:

- (1) Take 4-6 lumps of sugar in the conscious stage, then take another one (or 120-180cc of fruit juice or a spoonful of honey) if the condition does not improved 10-15 minutes later.
- (2) Under the unconscious stage, provide sugar through intravenous administration