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# Hypoglycemia Treatment - Spanish

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# Hypoglycemia Treatment - Spanish

**Description**

An illustrated handout for diabetics on recognizing the symptoms of low blood sugar (hypoglycemia) and treating it. (Spanish)

**Keywords**

Diabetes, Hypoglycemia, Low Blood Sugar, Patient Education

**Disciplines**

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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This low literacy diabetes education tool was developed for use with patients of the Virginia Garcia Memorial Healthcare Clinic. Images in this handout may be subject to copyright and further use of this material may require permission of the copyright holder.

## Bajo Nivel de Azúcar

Cuando el azúcar en la sangre está a menos de 70, o si su máquina o medidor dice "Lo" usted podría sentir estos síntomas:



latido del corazón rápido



temblores



mareos



mucha hambre



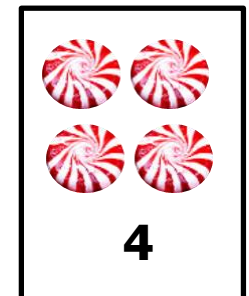
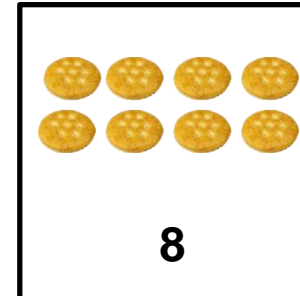
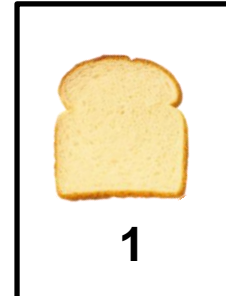
sudores



confusión

¿Que debe usted hacer?

- Para sentirse mejor y no desmayarse, coma 15 gramos de carbohidratos.
- Muchas comidas tienen carbohidratos y todos los carbohidratos aumentan el azúcar.
- Abajo hay algunas cosas que contienen 15 gramos de carbohidratos.



- Mídase el nivel de azúcar otra vez en 15 minutos. →
- Si todavía está menos de 100, coma otros 5 gramos de carbohidratos..

