
E. A. T to Prevent Low Blood Sugar

E = Emergency

- Low blood sugar levels can occur if you do not eat.
- A blood sugar of less than 70 is considered a low blood sugar.
- Symptoms:
 - **Mild:** Shakiness, sweating, fast heartbeat, dizziness, hunger, blurred vision, difficulty concentrating, palpitations, anxiety, headache, and tiredness.
 - **Moderate:** Difficulty moving, confusion, and unusual behavior.
 - **Severe:** Seizures, coma, and combative behavior.

A = Act

- To prevent a low blood sugar, you need to act.
- Common causes of low blood sugar:
 - Missing a meal
 - Insufficient meal
 - Exercise
 - Medication
- Emergencies occur when you don't eat! Reasons for not eating:
 - Yard work
 - Shopping
 - Visiting the doctor
 - Working through a meal
 - No money for food
- To ensure meals are not missed, pack a meal replacement bar, sandwich and/or fresh fruit. Meal replacement bars should contain approximately:
 - 45g of carbohydrates
 - 2 g of fiber or more
 - 10-20g of protein
 - 200-250 calories

-
- Less than 2 g saturated fat
 - Zero trans fats

 - Medications work differently and some may need to be taken in relation to a mealtime.
 - It is important to know exactly how and when to take each of your medicines.
 - Medications that need to be taken with a meal:
 - Glipizide (Glucotrol®) and Glyburide (Diabeta®) need to be taken 30 minutes before the meal.
 - Insulin Aspart (Novolog®) needs to be taken 5-10 minutes before the meal.
 - Insulin Lispro (Humalog®) needs to be taken 15 minutes before or immediately after the meal.
 - Insulin Novolog (Humulin R® or Novolin R®) need to be taken 30-60 minutes before the meal.

T = Treat

- To treat a low blood sugar, use the 15-15 rule.
- If your blood sugar is below 70, you need to eat 15grams (g) of carbohydrates and then recheck your blood sugar 15 minutes later. If your blood sugars are still below 70, repeat these steps.
- Examples of 15g of carbohydrate:
 - 1/2-1 tube of glucose gel
 - 4 glucose tablets
 - 6 pieces of hard candy (chewed)
 - 4 ounces of 100% fruit juice