wellion®

Your AUSTRIAN health brand

HYPOGLYCAEMIA - GUIDE

RECOGNISE, ACT, PREVENT



AUSTRIA

MED TRUST

THE MEDICAL SERVICES COMPANY

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CALLA light



- LARGE DIGITS
- MEAL MARKERS-
- EASY TO HANDLE

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Dear reader,

Hypoglycaemia, sweating, sugar

No doubt, you will be familiar with some of these terms from conversations with your doctor or other people.

Low blood sugar or hypoglycaemia occurs when the level of sugar in the blood falls abnormally low and there is a metabolic imbalance. Low blood sugar levels are considered to be below 3,9 mmol/L (70 mg/dL). Hypoglycaemia may result in loss of consciousness or may even be life-threatening. It is therefore important that you recognise the initial signs and can quickly restore your blood sugar levels to normal.

In the following pages, we would like to tell you how you can recognise abnormally low blood sugar levels, act immediately and prevent any health problems from arising.
We acquire knowledge, information and experience throughout life and they help us to cope with the many different situations we may encounter.

Your MED TRUST team

REALIZE...

- sweating (cold and clammy)
- abnormally hungry
- trembling
- feeling weak
- innere Unruhe
- anxiety
- anxiety
- difficulties concentrating
- confusion
- palpitations

ACT... IMMEDIATELY

It is recommended

that you first take invert sugar syrup

(its liquid form allows the very rapid absorption of energy into the blood even when the mouth is dry; it consists of three types of sugar that rapidly supply the body with energy over an extended period of time)

or a sugary drink or 16 jelly babies

Then eat

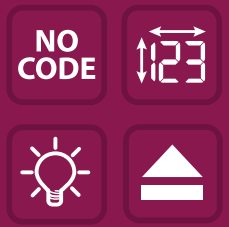
bread/bread rolls or biscuits or

yoghurt or bananas

to stabilise your blood sugar levels.

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GALILEO





- NO CODE
- ADDITIONAL FUNCTION: KETONE
- ILLUMINATED TEST STRIP PORT

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Skin Care Cream
• WITH 10% UREA FOR EXTRA INTENSIVE CARE
• HELPS CARING FOR DRY SKIN
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Why hypoglycaemia occurs

- Too much insulin injected
- Too many tablets taken to lower the blood sugar
- Too little or no carbohydrate eaten
- Unusual physical activity
  (e.g. cleaning windows, working in the garden, sport)
- Immoderate and unusually high consumption of alcohol



PREVENT... health problems arising

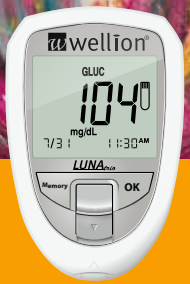
Eat more carbohydrate in the event of increased physical exertion or when consuming more alcohol on special occasions.

Lower the amount of insulin you inject when eating less or no carbohydrate. Discuss this with your doctor or diabetes team beforehand.

If you are unsure whether you have taken tablets to lower your blood sugar or have had an injection of insulin, do not make up the dose you may have missed. Continue to take the tablets or have the injection at the usual time.

Check your blood sugar, e.g. before going on a long journey or being physically active.

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LUNA trio



GLU, CHOL & UA

- EJECT BUTTON
- NO CODE (GLUCOSE)
- ADDITIONAL FUNCTION: CHOLESTEROL & URIC ACID

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