

# SEVERE HYPOGLYCEMIA IN CANADA



## WHY DO YOU NEED TO KNOW ABOUT SEVERE HYPOGLYCEMIA?

If you have Type 1 (T1D) or Type 2 (T2D) diabetes, you need a rescue plan in case your blood sugar level becomes so low that you are unable to help yourself. You may need more than carbohydrates to recover. Make a plan and make sure that the people around you recognize the signs and know what to do. They may need to administer glucagon and call 911 if you experience a severe hypoglycemic (SHG) episode. Despite your best efforts, the reality is that lows can happen, anytime, anyplace, but if you have a plan in place, you and those around you will be prepared for unexpected lows. Talk to your doctor and make a plan that is right for you.



## THE DIFFERENT STAGES OF HYPOGLYCEMIA

Hypoglycemia can present with multiple symptoms, and its severity can range from mild to moderate to severe. Learning the full spectrum of signs and symptoms for each stage of hypoglycemia is key.

### MILD SIGNS AND SYMPTOMS



Sweating



Nausea



Nervousness



Shakiness



Extreme hunger

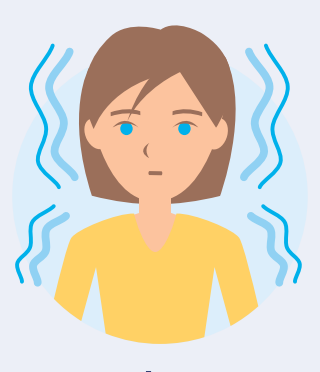
### MODERATE HYPOGLYCEMIA USUALLY CAUSES SOME OF THOSE SAME SIGNS AS ABOVE, AND MAY ALSO CAUSE:



Difficulty concentrating or speaking



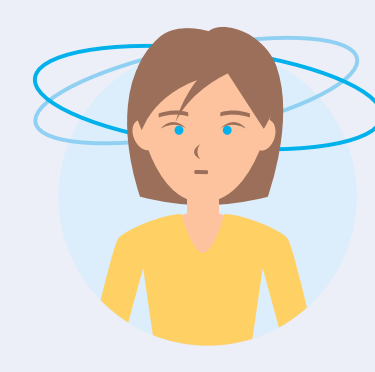
Confusion



Weakness



Mood swings



Dizziness



Vision changes

### SIGNS AND SYMPTOMS OF SEVERE HYPOGLYCEMIA



Having a seizure

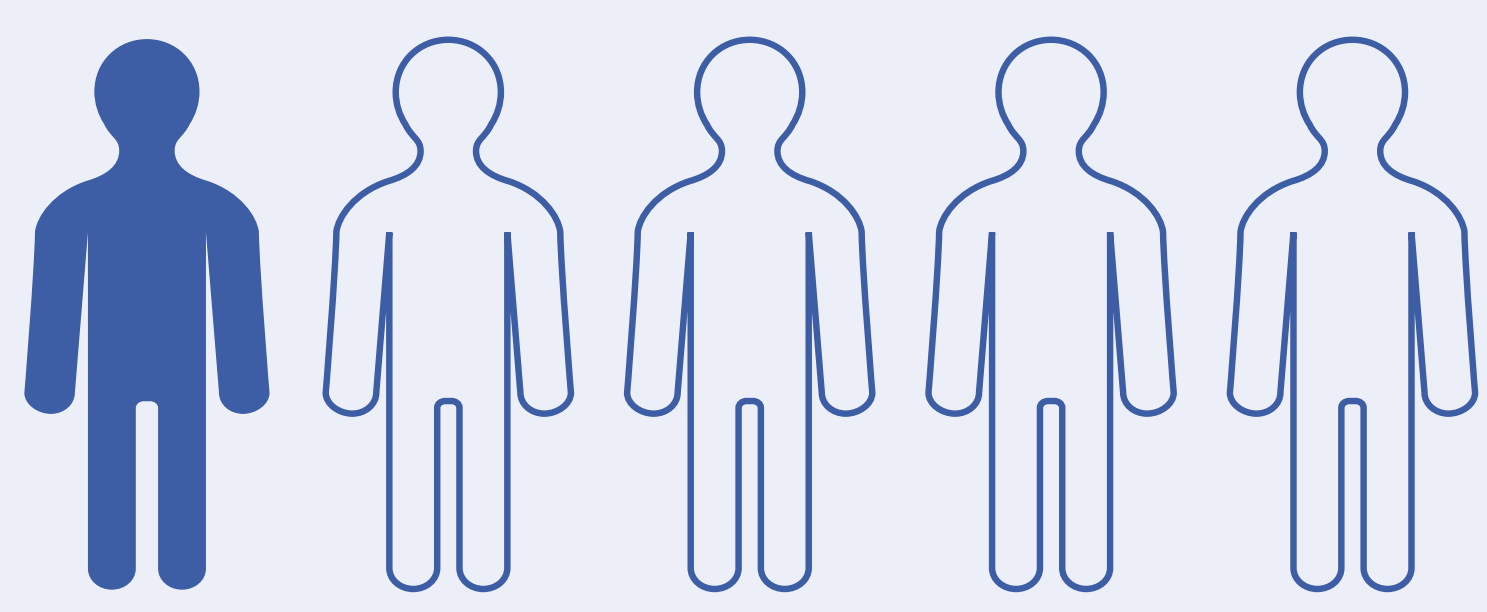


Too difficult to administer juice or sugar by mouth

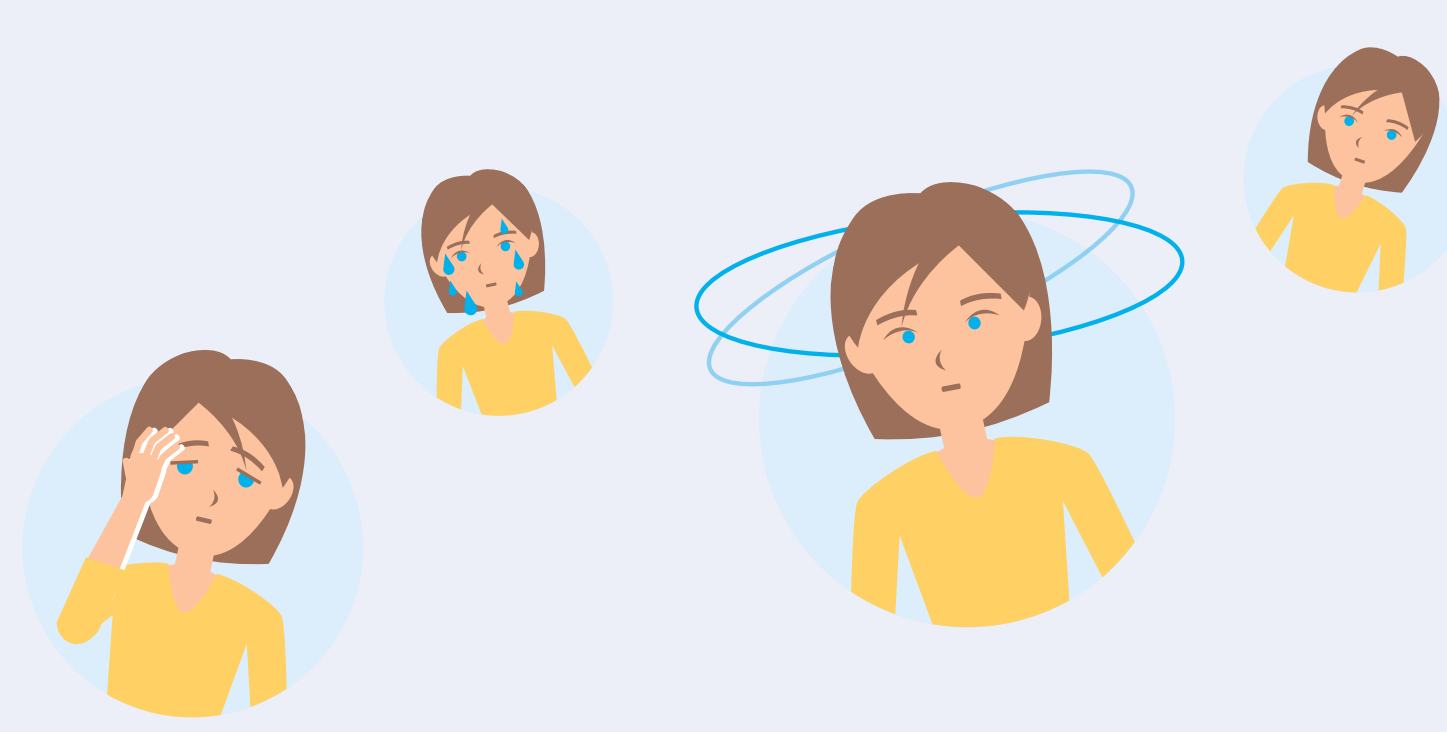


Unresponsive or unconscious

## REAL-TIME SNAPSHOT OF SEVERE HYPOGLYCEMIA IN CANADA - NEW RESEARCH<sup>1</sup>



Only **1 in 5 persons with T2D** were aware of **emergency glucagon kits**. However, **AFTER SEEING AN IMAGE** of the kits, **Nearly half of T1D and very few T2D patients** currently have an **emergency glucagon kit**.



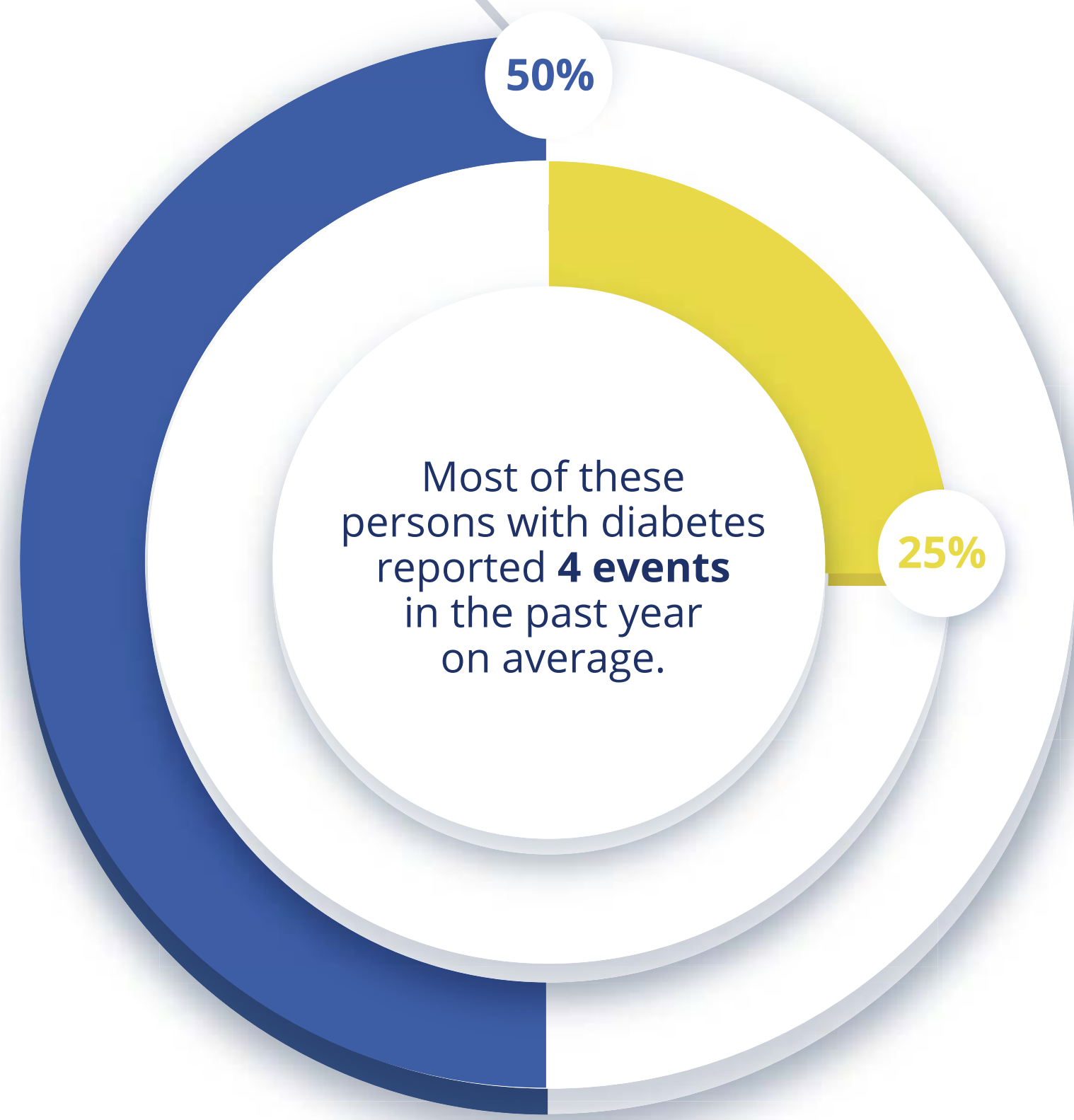
During their **most recent severe hypoglycemia event**, the majority of persons with diabetes reported **sweating, confusion and trembling**. Actions frequently taken at the time of the event included drinking a beverage containing sugar and testing blood sugar. **Some required paramedic/emergency assistance**, with about **1 in 5 taken to hospital**.

#### Persons with T1D

HALF OF PERSONS WITH T1D HAVE EXPERIENCED SHG.

#### Persons with T2D

A QUARTER OF PERSONS WITH T2D HAVE EXPERIENCED SHG.



## WHY IS SEVERE HYPOGLYCEMIA DIFFERENT?

**Severe hypoglycemic episodes** require the assistance of another person to **treat**. A person may show some or all of the symptoms of mild and moderate hypoglycemia, and in rare cases they may lose consciousness or have seizures, too. The good news is that a little planning can go a long way. **If you or someone close to you has diabetes, creating a rescue plan in the event of a severe hypoglycemia emergency is an easy step to take to be prepared.**

If a person is unable to eat or drink, the severe hypoglycemia episode needs to be treated with a **glucagon emergency kit** and **emergency services** must be contacted.

**Talk to your diabetes healthcare team and start building your plan today!**

**Visit [whatsyourrescueplan.ca](https://whatsyourrescueplan.ca) for more information.**



References: 1. Leger Severe Hypoglycemia Research 2018.