

# 'DIABETES MANAGEMENT IN CANADA'



## Hypoglycemia & Healthy Living

### SECTION 2: MANAGING LOW BLOOD SUGAR (HYPOGLYCEMIA)

Low blood sugar is  $<4.0$  mmol/L. **Symptoms:** Shaking, sweating, fast heartbeat, hunger.

#### Rule of 15

1. **CHECK:** Is sugar  $<4.0$  mmol/L?

2. **TREAT:** Eat 15g Fast-Acting Carb



4 Dex4 tablets



1/2 cup Juice



1 tbsp Honey

3. **WAIT:** Wait 15 minutes

4. **CHECK AGAIN:** Still  $<4.0$ ? Treat again.

5. **MAINTAIN:** If meal is  $>1$  hour away, eat a snack (Protein + Carb)



Cheese & Crackers

or



Half Sandwich

### SECTION 3: KEY MEDICATIONS FOR HEART & KIDNEYS

#### SGLT2 INHIBITORS ("Flozins")

- **Examples:** Jardiance, Forxiga, Invokana
- Removes sugar through urine
- **PROTECTS:** Heart failure & Kidney disease
- **Side effect:** Yeast infections (drink water!)

#### GLP-1 AGONISTS ("Tides")

- **Examples:** Ozempic, Trulicity, Rybelsus
- Injection or pill
- Helps release insulin & slows digestion
- **PROTECTS:** Heart attack & Stroke
- **Side effect:** Nausea (eat smaller meals)



**NEXT STEPS:** Create an action plan with your diabetes team.  
Visit [diabetes.ca](https://diabetes.ca) for tools and recipes.  
**You are the most important member of your healthcare team.**