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In general symptoms of hypoglycemia appear when the level of blood glucose is lower than 70mg/dl; however some diabetic patients may also develop the symptoms of hypoglycemia in the absence of a low level of blood glucose when their blood glucose concentration decreases rapidly.

通常血糖濃度低於70mg/dl時，會產生一些低血糖症狀，但是有些糖尿病患者的血糖由高濃度急速下降時，雖然血糖仍未過低，也可能產生低血糖的症狀。

What conditions may lead to low blood sugar?

1. Excess administration of insulin or oral antihyperglycemic agents such as sulfonylureas
2. Not eating enough food or eating too little after taking the medicine, or a mismatch of the timings of medications and eating
3. Not replenishing enough food after a strenuous workout



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什麼情況會引起低血糖?

1. 胰島素或磺脲類口服降血糖藥使用過量。
2. 服藥後未進食或吃太少，或進食時間配合不當。
3. 運動過度激烈，卻未補充食物。



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What are the symptoms of hypoglycemia?

1. Hunger, shivering, cold sweating, tachycardia, weakness, dizziness, and lip numbness may occur at the early stage.
2. Unconsciousness, seizures, and even coma may occur if sugar-containing foods (such as candies and juice) are not taken immediately.



低血糖發生時，會有什麼症狀？

1. 初期可能會有飢餓、發抖、冒冷汗、心跳加快、無力、頭暈、嘴唇麻等症狀。
2. 若不立刻服用含糖食品（如糖果、果汁等），甚至會意識不清、抽筋、昏迷。



What to do in case of hypoglycemia?

1. If the patient is conscious, he/she should immediately eat some food that contains 10-15 grams of easily absorbed sugar, for example, sugar-containing drinks (120-150cc) or 3-4 sugar cubes or a tablespoon of honey. If the symptoms do not improve after 10-15 minutes, the patient should eat again and seek medical attention immediately. If the symptoms improve but the next meal is more than one hour, some milk or toast or cookies should be eaten.

發生低血糖時，該怎麼辦？

1. 若病人意識清楚，應立即進食含10-15克易吸收之糖份的食品，例如含糖飲料（120-150cc）或3-4顆方糖或一湯匙蜂蜜。10-15分症狀如未改善應再吃一次，並立刻到醫院治療。如症狀改善，但離下一餐還有一小時以上，則酌量喝牛奶或吃些土司或餅乾等。



2. If the patient is unconscious or uncooperative, then family members can:

* Turn the patient's head to one side, squeeze or pour some chocolate cream or a teaspoon of honey or syrup into the patient's mouth and massage his/her face to facilitate absorption. Repeat this process once every ten minutes on the way to hospital.

* Provide an intramuscular or subcutaneous injection of glucagon, approximately 0.5 mg for children and 1 mg for adults. Alternatively, give the patient intravenous glucose and take him/her to a hospital immediately.

2. 如果病人不合作或昏迷，家屬可選擇下列方法處理：

* 將病人頭部側放，把巧克力軟膏或一湯匙蜂蜜或糖漿擠或灌入病人牙縫中，並按摩臉頰，以利吸收。送醫過程中，每十分鐘給一次。

* 肌肉或皮下注射升糖素，兒童約0.5毫克、成人劑量約1毫克；或靜脈注射葡萄糖，並立即送醫。



How to prevent hypoglycemia?

1. The dose of insulin for injection or of the oral anti-hyperglycemic drug must be accurate, and food should be taken as scheduled after administration of the medicine.
2. Prior to engaging in additional physical activity, the patient should first eat some snacks. Food that contains 15 mg of sugar should be eaten every 30 minutes during strenuous exercise; for examples: half a piece of toast (25 g) or one serving of fruit.
3. Diabetic patients should always carry some sugar cubes, candies or cookies in case of emergencies.

如何預防低血糖?

1. 注射胰島素和口服降血糖藥時劑量要準確，且於使用後按時進食。
2. 從事額外的運動之前，須先吃些點心。若從事劇烈的運動，每半小時吃含15克糖的食物，例如：半片土司（25克）或一份水果。
3. 外出時應隨身攜帶方糖、糖果、餅乾等，以備不時之需。



4. They should always carry the Diabetes Passport which include contact information (phone numbers of hospitals and family members)for emergencies in case of coma due to low blood sugar.

Do not be afraid of hypoglycemia!
The important thing is to recognize the symptoms of hypoglycemia and to take the right action quickly.

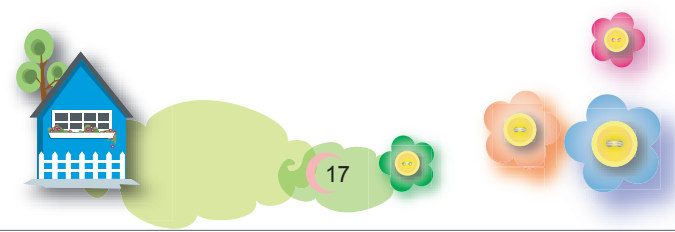
4. 隨身攜帶糖尿病護照，並記載聯絡辦法（醫院、家人等電話），萬一低血糖昏迷時，爭取急救時間。



不要害怕低血糖！
重要的是，你能認清低血糖的症狀而快速地採取正確的行動。



Memorandum





佛教大林慈濟醫院
Buddhist Dailin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教大林慈濟醫院

Buddhist Dalin Tzu Chi Hospital

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糖尿病與我—— 低血糖

Living with Diabetes
- Hypoglycemia

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