

Low Blood Sugar

If you begin to develop low blood sugar, that's called hypoglycemia. (hi-po-gly-see-me-uh) Signs are sweating, light headedness, getting shaky, weak, anxious...

Whoa. I'm really hungry.

That's another symptom.

And I have a headache.

Headaches, trouble concentrating and thinking clearly are all signs. You need some sugar to get your glucose up! Here you go. You always need to have some sugar handy, in case your blood sugar drops too low.

Oh thanks Sierra, I needed that!