

Definition: Hypoglycemia

Hypoglycemia is a condition that occurs when your blood sugar drops below a healthy range.

You may hear it referred to as low blood sugar.

For most people hypoglycemia happens when their blood sugar reading is below 70 mg/dL.

Some things to look for are feelings of nervousness, anxiety, irritability or confusion; dizziness or lightheadedness; nausea; sleepiness or feeling tired.

Untreated hypoglycemia can lead to serious health issues.

Want to know more about hypoglycemia and possible treatments? Talk with your care team. They are here to help.