Know the symptoms of HYPOGLYCEMIA

- hunger
- pounding heart
- blurred vision
- sweating
- shaking
- difficulty concentrating
- unreasonable anger
- anxiety
- racing thoughts
- confusion
- slurred speech
- tingling in the mouth

The Diabetes Community have also experienced the following symptoms:

If you experience any of these symptoms, you may be suffering from hypoglycemia or a ‘hypo’, which is caused by low blood glucose levels.

Find out more at www.diabetes.co.uk