

# Living in Balance

Fall  
2016

Fond du Lac Human Services *Diabetes Newsletter*

## Healthy Fall Snack Idea

### Homemade applesauce:

1. Slice and core apple. Any variety of apple will work.
2. Simmer apples in a little water until they are soft.
3. Mash or puree apples into sauce.

For more flavor, try adding cinnamon, nutmeg and allspice!

By making your own applesauce you can limit the amount of sugar.

1/2 cup unsweetened applesauce has 15 g of carbohydrate



The average price of an apple is just 72 cents!



If you have diabetes, you've probably experienced a "low" or hypoglycemia and you're not alone. Mild hypoglycemia can easily be treated with quickly absorbed carbohydrate like 4 glucose tablets or 1/2 cup juice. **Untreated, mild hypoglycemia can quickly turn severe.** Severe hypoglycemia is life threatening and requires emergency medical attention. Over 100,000 people visit the emergency room each year for insulin related hypoglycemia and errors.

**Mild Hypoglycemia: Blood sugar less than 70**  
**Severe Hypoglycemia: Blood sugar less than 50**

**Prevent Emergencies** by following your diabetes care plan, listening to your body for signals of low blood sugar and checking your blood glucose often!

## Using Glucagon to Treat Hypoglycemia

When blood sugars are very low, you can lose consciousness and may be unable to eat something to treat yourself.

In that case, you may need glucagon.

- Glucagon is an emergency drug that can be injected to treat severe hypoglycemia.
- Glucagon comes in a kit containing: a vial of powder, syringe and a liquid.
- You will need a trained family member/friend/co-worker to administer this for you.



Ask your medical care provider if a glucagon kit is right for you.

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[http://www.fdlrez.com/humanse-  
vices/diabetesmain.htm](http://www.fdlrez.com/humanse-<br/>vices/diabetesmain.htm)

### ***Causes of Hypoglycemia***

- Drinking alcohol without food
- Exercising more than usual
- Skipping or delaying meals
- Taking too much diabetes medication



### ***Make a Plan***

- Talk with your doctor or certified diabetes educator to create a plan to prevent and treat hypoglycemia
- If you take diabetes medications, especially insulin, you may need a glucagon kit in case of emergencies

**Hypoglycemia emergencies are preventable!**