Advice

Eat healthy food  Exercise regularly  Don’t smoke

Being overweight can increase diabetes complications.

A Hypo is when your blood glucose level is too low.

Not enough food, cold weather, vomiting cause a Hypo.

Watch out for sweating, headache, shaking, drowsiness.

When you feel a Hypo stop and take some sugar.
**Advice**

**Diet:** Maintaining a healthy diet and preventing or reducing overweight will help you control your diabetes. Aim for 5 portions of fruits/vegetables daily.

**Exercise:** Regular exercise will help to maintain an optimum weight and will benefit all members of the family. Usually 30 mins of brisk walking, 5 times a week is enough.

**Smoking:** It is widely accepted that smoking causes heart and lung disease. Most diabetes complications are worsened by smoking.

**Weight control:** There is a greater risk of developing diabetes and heart disease with increasing waist circumference.

**Alcohol:** Alcohol lowers the blood sugar, so it is important not to drink on an empty stomach.

**Driving:** Plan your trip carefully, avoid hypos while driving, keep glucose in the car.

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**What is hypoglycaemia or Hypos:** Hypoglycaemia (a ‘hypo’) is when your blood glucose levels are too low, usually less than 4 mmol/l.

**What causes a Hypo?**
- Not enough food to fuel an activity
- Too little food at any stage of the day
- A missed or delayed meal or snack
- Too much insulin
- Cold weather
- Vomiting

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**Whats out for!!**
- Sweating
- Drowsiness
- Mood change
- Pallor
- Lack of concentration
- Glazed eyes
- Headache
- Hunger
- Trembling or shaking

**As soon as you feel as if you may be going into a hypo, you should stop what you are doing and take some sugar.**

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**Are you eating for health?**
**How often do you exercise?**
**Do you smoke?**
**Do you know your target weight?**
**How will you know you are having a hypo?**