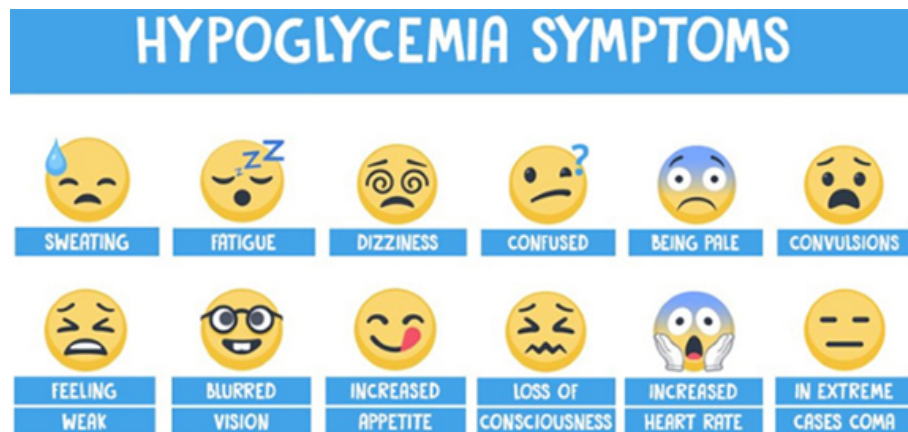




Symptoms and risk factors for hypoglycaemia



Common Risk Factors

- Patients with Type 1 diabetes: Patients with Type 1 diabetes cannot regulate blood insulin levels as blood glucose declines, they have an impaired glucagon response and may have “hypoglycaemic unawareness” following previous episodes of hypoglycaemia
- History of severe hypoglycaemia or hypoglycaemia within the last 24 hours
- Exercise
- Mismatch of insulin timing of dose relative to the amount or type of carbohydrate intake
- Reduced oral intake – intercurrent illness, nausea or vomiting (or critical illness)
- New nil per os (nil by mouth) status – in preparation for a surgical procedure
- Alcohol intake

Less Common Risk Factors

- Endocrine deficiencies:
 - ❖ Addison’s disease – Cortisol deficiency
 - Iatrogenic (on steroid treatment) – sudden reduction or cessation in dose
 - Autoimmune
 - Other
 - ❖ Growth hormone deficiency
 - ❖ Thyroid hormone – hypothyroidism can prolong the action of insulin by delaying its breakdown