

Sweating



Tired



Anxious

Pay Attention to Your Body!

Hypoglycemia or Low Blood Sugar

What are some causes?

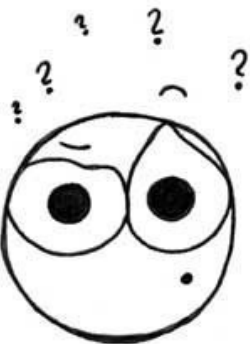
1. Skipping a meal
2. Too much insulin or diabetes medication
3. Not enough food in your body
4. Too much physical activity



Hungry



Dizzy



Confusion



Irritability



Headache