

# Low Blood Sugar: Hypoglycaemia



## What is Hypoglycaemia?

- Also known as low blood sugar, Hypoglycaemia occurs when your blood sugar level falls below 4.0 mmol/L

## Causes

- Imbalance between insulin intake and body's physiological needs
- Insulin overdose – injecting too much insulin but not eating enough carbohydrates
- Ill-timed insulin intake or using the wrong type of insulin
- Increased sensitivity to insulin
- Increased glucose utilisation (during or shortly after exercise)
- Mismatch between food intake timing and sulphonylureas (e.g., Glipizide) consumption