

WHAT ARE HYPOS?

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Diabetes
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The brain requires a continuous supply of glucose from the blood stream

A hypo happens when the level of glucose in the blood drops too low

↓ Less than 4 mmol/l

↓ Also known as hypoglycaemia, low blood glucose, low blood sugar & hypos

↓ Not everyone with diabetes will experience hypos

↓ Those who take insulin or certain tablets for type 2 diabetes are more at risk of hypos

↓ Hypos can happen quickly so it's important to know the signs and correct treatment

