

# WHY DO HYPOS HAPPEN?

@DSNForumUK

Diabetes  
Specialist  
Nurse  
Forum  
UK

➔ Mismatch between insulin and carbohydrate

➔ Certain tablets for Type 2 Diabetes (Sulphonylureas)

➔ Certain types of activity or exercise

➔ Missed or delayed meals

➔ Hot weather

➔ Hot baths or showers

➔ Lumpy injection sites (lipohypertrophy)

➔ Alcohol

➔ Sometimes they just happen

