



Worried about Hypos

What is a hypo?

A 'hypo' is when your blood glucose, or blood sugar, level gets too low, below 4mmol/l. It is really common for people living with diabetes. Some signs of a hypo that we have been told by young people are:

- Feeling shaky
- Mood swings
- Poor concentration
- Feeling confused

Open these QR codes to find out about what hypos are and what other signs there are, what causes them and how to treat them.

Treating Hypos with Insulin Pens



Treating Hypos with Insulin Pumps



Scan these QR codes with your mobile phone camera!



Having hypos are a normal part of living with diabetes. Sometimes, people living with diabetes get worried and are afraid about having a hypo. It is important to remember that you are not alone, and other people feel this way too. There are lots of things that you can do to help prevent hypos, and help with your worry.

Some things that we know young people worry about are:

- Fainting in public
- Attracting attention from other people
- Being judged by others
- Having an accident or getting injured
- Having a hypo while sleeping



It is really normal to have concerns like these. Having worries can keep us alert to the symptoms of low blood sugar.

But when these worries start to get in the way of your life, it can be a problem, for example:

- Reducing insulin or over-eating to avoid a hypo
- Checking blood sugars all the time
- Avoiding going out with friends to avoid embarrassment

You might find that trying to avoid having a hypo might make you feel better in the short term, but it actually reinforces the idea that they are scary and might make you feel more afraid. It is important to remember that even people with really good diabetes management will still have some hypos each week. **This is a really normal part of living with diabetes.**

If you think you are afraid of hypos, it is important to try and talk to a trusted adult, like a parent, someone in your medical team, or a psychologist.

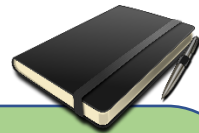




Worried about Hypos: What you can do

There are lots of things that you can do to help you with your worries about hypos. Here are some handy tips that we know can work for some people!

Have a plan: If you have a plan for how to manage a hypo, this may help to reduce any worries you have. Try to keep your hypo treatments with you all the time, so you can quickly treat a hypo if you have one. Have a look at the QR codes on the first page for more information about treating hypos.



Keep a hypo diary: Some people find it is really helpful to keep track of their hypos, and what was happening before their hypos. This might help you to notice patterns in the days and times when you have a hypo, and then you can plan what to do in the future. Take it along to your diabetes appointment so the team can help you



Ask questions: It's okay to be worried and unsure about managing hypos. We know that some people find it useful to write down questions and worries as a way of understanding how they are feeling. You could even bring these questions to your next diabetes appointment. Your medical team will always be happy to answer any questions you have. Remember, there is no such thing as a silly question!

Let people know: if you feel comfortable to, tell people you trust, like your family, friends and other people that you spend a lot of time with. It can be useful for them to know what to do when you have a hypo just in case you can't treat it yourself.



If you think you are concerned about your hypos, it is important to talk to a member of your medical team to discuss this.