sanofi

Managing blood sugar levels

For people with type 1 diabetes (T1D), managing blood sugar levels is a continuous job. Because so many different factors affect blood sugar levels, keeping them in range can be quite challenging!

Factors that can make blood sugar rise:

- Stress or sickness
- Hormones
- Eating too many carbohydrates
- Excitement
- Not taking enough insulin
- Being inactive

Factors that can make blood sugar fall:

- Skipping meals or not eating enough
- Exercising
- Taking too much insulin
- Hot and humid weather
- Hormones

Having blood sugar that is too high (**hyperglycemia**) or too low (**hypoglycemia**) can cause problems. Blood sugar levels that stay high for too long can affect your eyes, heart, kidneys, and nervous system, leading to health problems in the future.

Detecting and treating hypoglycemia

Low blood sugar (less than 70 mg/dL) can develop rapidly and may require immediate attention.

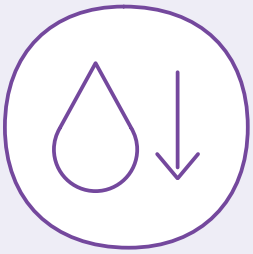
Symptoms of hypoglycemia vary and are not always clear. Some people may not even notice them. That's why it's important to check your blood sugar regularly.

If you notice your blood sugar is low, treat right away with 15 grams of fast-acting carbs, such as juice, glucose tablets, or hard candy. Check your blood sugar in 15 minutes to see if it's back in range.

- If it's not, treat with more fast-acting carbs.
- If it is, eat a meal or snack to make sure it doesn't drop again.

You may feel:

- Sweaty
- Shaky
- Weak
- Hungry
- Dizzy
- Confused
- Nervous
- Cranky



Severe hypoglycemia can cause you to fall, pass out, or have a seizure. Always carry emergency glucagon, an injectable or inhaled medication that helps rapidly raise blood sugar levels. This would be given by another person (a friend, relative, coworker, or teacher) in case of severe hypoglycemia. They should call the emergency number if you pass out and don't have glucagon or if your blood sugar does not respond to treatment.

Talk to your doctor for more information on detecting and managing hypoglycemia.

For more information on the FABULINUS Study, ask your study doctor.

Thank you for all that you're doing in this study!