



FACT SHEET

What is Hypoglycaemia?

Hypoglycaemia, or low blood sugar, occurs when the level of blood sugar in the body drops too low. A low blood sugar causes a variety of different symptoms including hunger, sweating, tingling lips, turning pale, feeling shaky, dizzy, tired, irritated, tearful or a pounding heartbeat (palpitations). If not treated, symptoms could lead to weakness, unusual behaviour, slurred speech, clumsiness, sleepiness, seizures, collapsing or passing out.

What is Hyperglycaemia?

Hyperglycaemia, or high blood sugar level is a common problem for people with Type 1 diabetes and Type 2 diabetes, as well as pregnant women with gestational diabetes. The degree of hyperglycaemia can change over time depending on the metabolic cause, for example, impaired glucose tolerance or fasting glucose, and it can depend on treatment. Temporary hyperglycaemia is often benign and asymptomatic. Blood glucose levels can rise well above normal and cause pathological and functional changes for significant periods without producing any permanent effects or symptoms. However, chronic hyperglycaemia at above normal levels can produce a very wide variety of serious complications over a period of years, including kidney damage, neurological damage, cardiovascular damage, damage to the retina or damage to feet and legs as well as impairment of growth and susceptibility to certain infection. Diabetic neuropathy may be a result of long-term hyperglycaemia.