---糖尿病人要预防低血糖的发生（22）

糖尿病人发生低血糖，往往曾有进食过少的情况，或过量注射胰岛素或过量服用降血糖药史。

中枢神经系统对低血糖最为敏感。低血糖症时脑细胞能量来源减少，很快出现[神经症](http://baike.baidu.com/subview/255459/255459.htm)状，最初表现为心智、精神活动轻度受损，继之出现大脑皮质受抑制症状，最终累及延髓而致呼吸循环功能改变。若低血糖不能逆转常致死亡。

低血糖除直接影响中枢神经系统功能外，尚引发交感神经兴奋的一系列症状，如心悸、震颤、苍白、出汗等。

糖尿症低血糖的症状表现不一，多数感到无力，难以支持，手抖、出冷汗、心悸、饥饿感以及烦躁不安，[头痛](http://baike.baidu.com/subview/17261/17261.htm)、头昏、视物模糊，嗜睡，严重时陷入昏迷或[癫痫](http://baike.baidu.com/subview/22451/5071138.htm)发作。

血糖较正常下限为低，<2.8mmol/L即可诊断低血糖。对于年龄>60岁者，其确认标准可定为<3.0mmol/L。

紧急自救 一旦患者确认出现低血糖的症状，应立即进食含20-30g糖类的食物或口服糖水，低血糖早期发现及时治疗，一般预后良好。严重者需送医院抢救。

低血糖纠正后要及时调整胰岛素或口服降糖药剂量。祛除诱因，防止低血糖再发。

Do you know?(22)

--- Prevent the occurrence of hypoglycemia in diabetes

There is a history of eating too little food or an overdose of insulin injection or excessive intake of hypoglycemic drugs.

The central nervous system is most sensitive to low blood sugar. When hypoglycemia occurs, brain cells suffer from reduced energy source and neurological symptoms soon happen. Initially, spiritual activities are mildly impaired, followed by the suppression symptoms occurring in the cerebral cortex, ultimately involving the medulla oblongata and causing the respiratory and circulatory functions change. If low blood sugar can not be reversed, death often occurs shortly thereafter.

Hypoglycemia not only directly affects the central nervous system functions, but also affects the sympathetic nerves, producing a series of symptoms such as palpitations, tremor, pallor, and sweating.

Diabetes disease symptoms of hypoglycemia are varied, and most patients feel powerless. It is difficult to support, with symptoms of trembling, cold sweats, palpitations, hunger and irritability, headache, dizziness, blurred vision, drowsiness, coma or severe seizures.

As a standard, the lower limit of normal blood glucose is <2.8mmol / L to diagnose hypoglycemia. For age> 60 years, hypoglycemia recognition criteria is <3.0mmol / L.

Once confirmation of the symptoms of hypoglycemia in patients occurs, the emergency is self-help. The patient should immediately eat 20-30g of carbohydrates-contained in the foods or oral syrup. Early detection and timely treatment of hypoglycemia results in a good general prognosis. In severe cases, patients will be taken to the hospital.

After correcting hypoglycemia to promptly adjust the dose of insulin or oral hypoglycemic agents, eliminate the potential cause to prevent the recurrence of hypoglycemia.