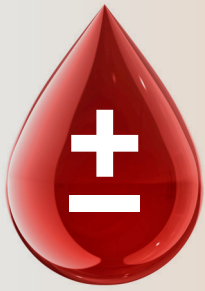


# HYPOGLYCEMIA IN THE U.S.



## DID YOU KNOW?

Currently **29.1 million** Americans are affected by type 1 or type 2 diabetes.<sup>1</sup> Depending on their treatment regimen, some may experience **hypoglycemia, or low blood sugar**, when their blood sugars reach an abnormally low level, usually, 70mg/dL or below.

### Common symptoms include:



Shakiness



Sweating, chills and clamminess



Confusion, including delirium



Rapid/fast heartbeat



Hunger and nausea



Sleepiness



Headaches



Hypoglycemia can happen even while you sleep. Look out for signs like crying out or nightmares, sweating excessively, and feeling tired, confused or irritable when you wake up.

### A recent survey showed:

**60%**

have experienced hypoglycemia

**40%**

who experienced hypoglycemia have had episodes at night

**19%**

who experience diabetes-related hypoglycemia have had an episode that resulted in a trip to the ER

**81%**

say blood sugar changes are a big deal and can cause serious health consequences

**33%**

don't know what hypoglycemia is

### Financial Impact

The national health expenditure of diabetes is estimated to rise to **\$1.6 trillion** by 2031<sup>2</sup>

To learn more, visit [www.diabeteseducator.org](http://www.diabeteseducator.org)

<sup>1</sup> <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>

<sup>2</sup> Fitch K, Iwasaki K, Pyenson B. Improved Management Can Help Reduce the Economic Burden of Type 2 Diabetes: A 20-Year Actuarial Projection. New York, NY: Milliman, Inc.; April 28, 2010. p.2,1.90-93.

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