



# Minnesota Lions Diabetes Foundation

## Diabetes Emergency Kits

### About the Diabetes Emergency Kits

- Minnesota Lions Diabetes Foundation, with support of Lions, have created Diabetes Emergency Kits to be used when an individual is experiencing a low blood sugar (glucose) level (Hypoglycemia).
- The Diabetes Emergency Kits include an Emergency Action Plan information card, Glucose Gel packs and cracker packs.
- The kits are being distributed to schools and other community organizations throughout Minnesota.

### Hypoglycemia (Low Blood Sugar)

- Occurs when an individual's blood sugar (glucose) levels drop below a range that is healthy.
- Requires immediate treatment.
- May occur in someone who has not been diagnosed with diabetes.
- May be related to a variety of medical conditions, use of certain medications or treatments.
- May be quickly treated, *until additional medical help is available*, with high-sugar foods, drinks or medication.
- Glucose is the primary source of energy for a body.
- If glucose levels drop below a healthy range and continues to drop without treatment, the brain does not receive enough glucose to function as needed to maintain the body. As a result, symptoms of low blood sugar (glucose) levels will occur.
- If the glucose level drops too low for extended time, a person may experience seizures, lapse into a coma, or die.

### Symptoms of Hypoglycemia

- **Severe Hypoglycemia:** person is unresponsive, has lost consciousness, experiencing convulsions, seizures, coma.
- **Moderate Hypoglycemia:** person is demonstrating confusion, unusual behavior, blurry vision, tunnel vision, loss of coordination, nightmares when asleep, slurred speech.
- **Mild Hypoglycemia:** person is alert, but demonstrating difficulty concentrating, dizziness or lightheadedness, fatigue, headache, hunger, irritability or anxiety, tingling or numbness of lips tongue or cheek, nausea; is pale, shaky, sweating.

### Diabetes Snapshot

- Every **19 seconds** someone in the United States is diagnosed with diabetes.
- More than **37 million** Americans have diabetes.
- **1 in 5** Americans don't know they have diabetes.
- **96 million** American adults (38%) are pre-diabetic.
- More than **8 in 10** American adults do not know they are pre-diabetic.
- Diabetes is the **# 1 cause** of kidney failure, lower-limb amputations and blindness in adults.
- Diabetes is the **7<sup>th</sup> leading cause of death** in the United States.
- Medical costs for people living with diabetes are more than **twice as high** as for people who do not have diabetes.
- The risk of early death for adults with diabetes is **60 % higher** than for adults without diabetes.

Minnesota Lions Diabetes Foundation (MLDF), a 501(c)(3) organization, was founded by Lions members in 2008. MLDF's dream is to be part of finding a cure for diabetes. MLDF raises funds and collaborates with partners to conduct research for a cure for Type 1 and Type 2 diabetes, provide diabetes education and screening, sponsor preventative health activities. Since 2010 MLDF has provided more than \$1.8 million to fund research and diabetes education. Learn more at [MNLionsDiabetes.org](http://MNLionsDiabetes.org)

**"Catch the Dream" -- Life Without Diabetes!**