



One is one too many

hypoglycaemia profiler

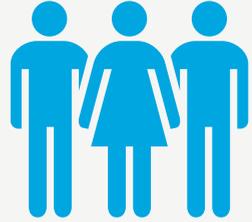
Designed to help you recognise the signs, symptoms and triggers of low blood sugar (hypos) so your doctor or nurse can help you to address them.

Fill it in and take it to your next appointment.

To find out more, visit www.novonordisk.com/patients/diabetes-care/type-2/one-is-one-too-many.html



Low blood sugar (hypoglycaemia or a 'hypo') is a common complication for people with diabetes and can have an impact on your health.



On average, people with type 2 diabetes on insulin therapy experience 23 hypos every year.

Patient name/ID:

Date:

Questions:

Tick if you have experienced any of the symptoms below:

- | | | |
|---|------------------------------------|---|
| <input type="checkbox"/> pounding heart | <input type="checkbox"/> headache | <input type="checkbox"/> trembling |
| <input type="checkbox"/> drowsiness | <input type="checkbox"/> sweating | <input type="checkbox"/> blurred vision |
| <input type="checkbox"/> dizziness | <input type="checkbox"/> confusion | <input type="checkbox"/> difficulty concentrating |
| <input type="checkbox"/> irritability | <input type="checkbox"/> anxiety | <input type="checkbox"/> other |

How often are you experiencing these symptoms? (please circle)

once a week

once a month

once a year

never

Are you aware of anything which could potentially be triggering these symptoms?

Possible triggers could include: doing unplanned exercise, missing or delaying a meal, having excess insulin, drinking alcohol without food, stressful situations.

How do you typically manage these symptoms when they occur?

Do you decrease or alter your medication dose because you are worried about experiencing any of these symptoms again? (please circle)

yes

no

It's always helpful to prepare ahead of an appointment with your doctor or nurse. Note down any questions you might have around hypos and discuss these at your next appointment: