

HYPO - A Quick Guide

Watch out for:

- Vagueness
- Lack of concentration
- Paleness
- Anxiety and irritability
- Mood change
- Trembling
- Hunger
- Fast pulse & palpitations
- Tingling of the lips
- Blurred vision
- Sweating

What to do:

Immediately take a short-acting carbohydrate, such as one of the following:

- 2 or 3 Glucose tablets
- Glass of fruit juice
- Glass of Lucozade or coke (Not Diet)
- Chocolate such as Mini Mars Bar or Finger of Fudge

The amount needed will vary from person to person and will depend on circumstances

Then:

Follow this with a longer-acting carbohydrate to prevent the blood glucose from dropping again, such as one of the following:

- Sandwich
- Fruit
- Biscuits or Cereals
- Or the next meal - if due

If the person is unconscious:

Do not give anything to eat or drink.

Rub 'Hypo-stop' (a glucose gel usually carried by Diabetics) or honey or jam on the inside of the cheeks and gently massage the outside of the cheeks.

These are absorbed through the mouth lining and are not meant to be swallowed.

Take care not to be bitten by the person when placing fingers in the mouth.

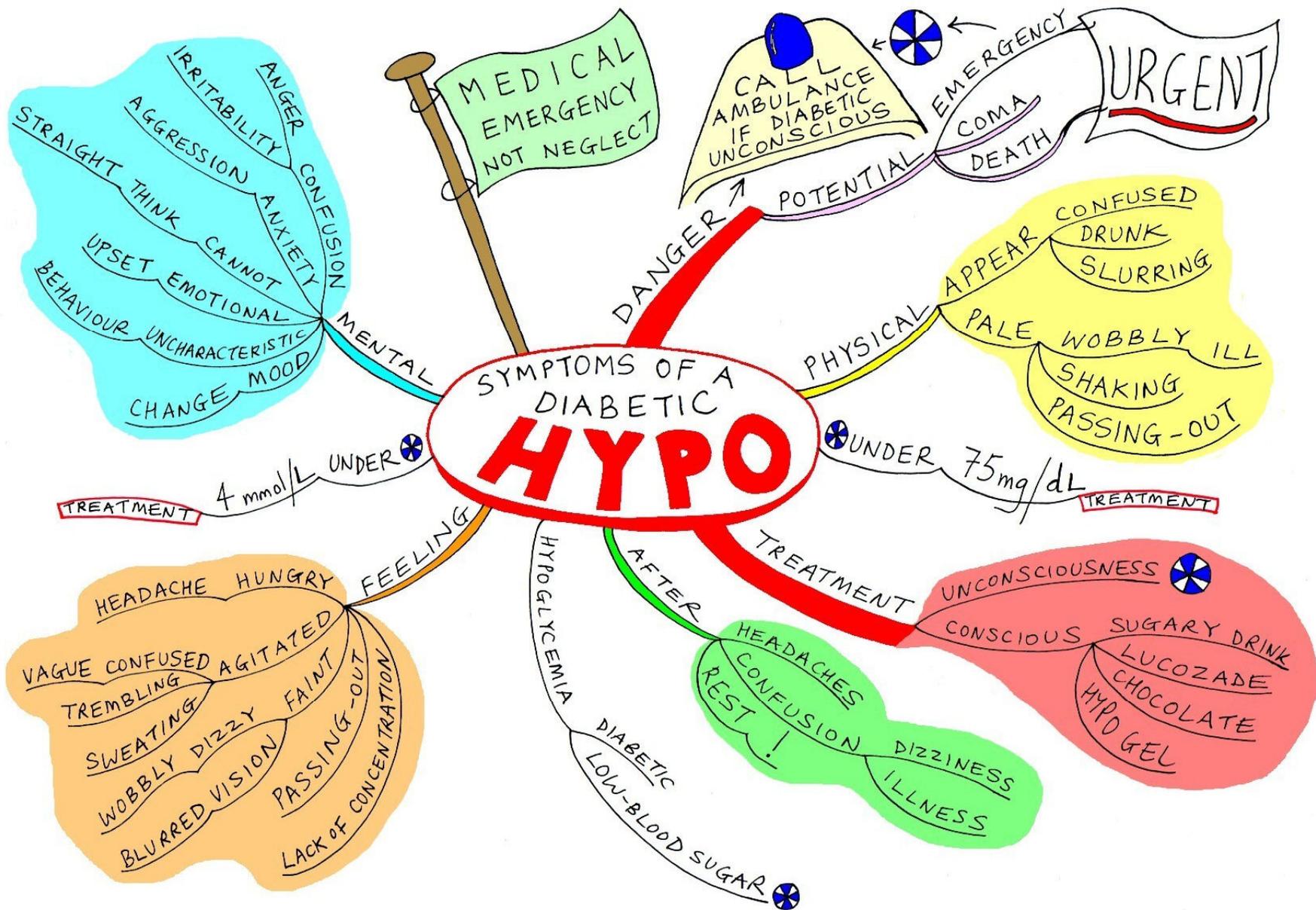
When the person has recovered, give some longer-acting carbohydrate, as above.

If the person does not recover: Call an ambulance

What causes a 'Hypo'?

- Too much Insulin or tablets
- Delayed/missed snack or meal
- Not enough food
- Unplanned or strenuous exercise
- Drinking alcohol without food
- Sometimes no obvious cause

**On the following page is a Mind Map
"Symptoms of a Diabetic Hypo"**



To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk

and

Subscribe to the Mind Map Inspiration Blog to receive
new Mind Maps, plus creativity and drawing tips.

Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

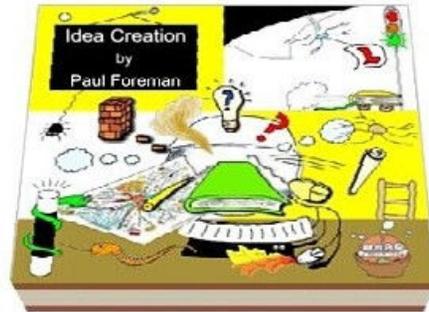
www.buzanworld.com

www.imindmap.com

Available from <http://www.mindmapinspiration.co.uk>

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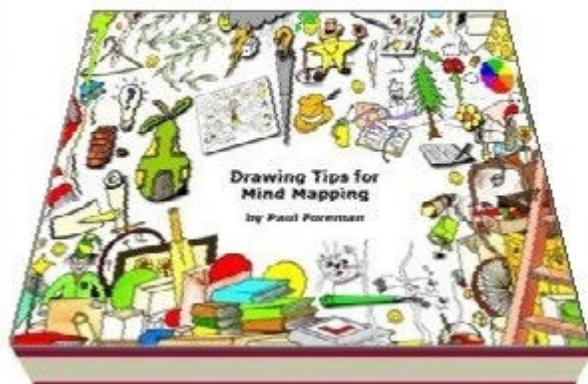
Why simple is often best
Fresh ideas
Use thinking – don't let it use you
Lifespan of an idea
Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
Sparking ideas
Random thinking styles
Creativity Toolkit
Outside the box outside the box
Ideas don't dry up – thoughts do
Constant Daily Learner
Land of infinite possibilities

Includes the following Mind Maps:

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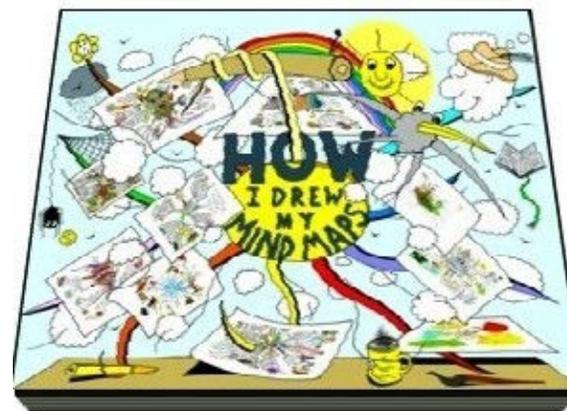


Beginners guide

- Colour wheel and use of colours
- Suggested Equipment
 - Drawing Fish
 - Drawing Cats
 - Drawing Books
- Using Stencils & Templates
 - Drawing Hats
 - Mind Map Templates
- Drawing Curves & Shapes
- Detailed breakdown of "Fantasy Mind Map"
- Enhancing Creativity through Thought Reduction
 - Drawing Speed Tests
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- Photo to Cartoon transfer
- Drawing Tips and Tricks
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 - Mind Maps

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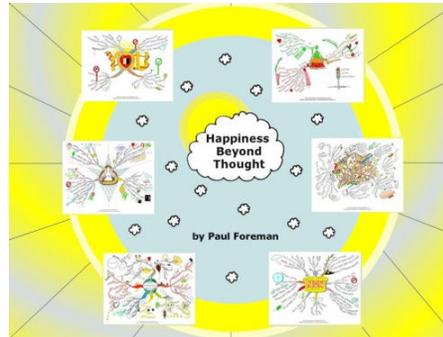
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