

PDF for Dr.'s Visit- Hypoglycemia/ blood sugar imbalances

Here are some things you can say to your doctor to start a conversation on how to receive a diagnosis and treatment:

"I was reading some information online and wanted to ask you a few questions about a blood sugar imbalance or another possible health concern.

Some of my symptoms look like the ones that people with hypoglycemia have, **but most importantly, I wanted to get your expert opinion on this and find out what you think this could be, receive a diagnosis, and follow your advice for treatment, whatever you find that could be causing these symptoms.**

The symptoms I've been experiencing are (check all that apply):

Nervousness or anxiety Irritability or impatience Depression; anxiety Poor concentration Confusion, including delirium Anger, stubbornness, or sadness Nightmares or crying out during sleep

Dizziness Lack of coordination Blurred vision Trembling Slurred speech

Feeling shaky; trembling hands Weakness or fatigue Lightheadedness or dizziness Hunger and nausea Tingling or numbness in the lips or tongue Sleepiness

Excessive sweating, chills and clamminess Pounding heart; racing pulse; heart palpitations Headaches Pale skin Seizures Passing out Coma

Other symptoms:

(Remember to tell you doctor *every* symptom you have been experiencing, even if it is not on this list or *even if you don't think it's related*. It is very important that your doctor knows **everything** that has been going on with you so that he or she can get an accurate picture of your health and make the best decisions on how to treat you. They need to know this so they can accurately treat you, so please share all of your symptoms and health concerns with him or her.)

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Then explain to your doctor:

“I was wondering what your thoughts were on this, if you think it would be best to get a blood test and check for a blood sugar imbalance, **or if you think it could possibly be something else, and if so, what do you recommend for diagnosis and treatment?**”

Then, your doctor will tell you what he or she recommends for testing and treatment. Your doctor might also have other ideas about what could be causing these symptoms: it might be hypoglycemia, it might be something else. It's best to follow your doctor's advice and work closely with him or her by communicating all symptoms clearly, getting the proper testing done, and doing what he or she recommends for treatment.

(Questions for your doctor or notes on what you talked about with your doctor:)

This site has more information about blood tests for blood sugar imbalances:

<https://labtestsonline.org/understanding/analytes/glucose/tab/test/>

Resources:

Dansinger, M., MD. (2016, January 9). Hypoglycemia Causes, Symptoms, and Treatment. Retrieved August 24, 2016, from <http://www.webmd.com/diabetes/guide/diabetes-hypoglycemia>

Ehrlich, S. D., NMD. (2014, April 8). Hypoglycemia. Retrieved August 24, 2016, from <http://umm.edu/health/medical/altmed/condition/hypoglycemia>

Glucose Tests. (2015, December/January). Retrieved August 24, 2016, from <https://labtestsonline.org/understanding/analytes/glucose/tab/test/>

<https://www.amindworthfightingfor.com/>