



## Instructions

1. Print the BINGO Letters sheet and cut words into individual squares. Place squares into a container.
2. Print the five Hypoglycemia BINGO cards and pass out one card to each player.
3. Educator begins the game by drawing one square from the container and calling out the letter and word to the players.
4. Educator reads the description of each word after calling out the letter and word.
5. Participants mark off each letter/word combination on their card.
6. The first player to make a “BINGO” of five consecutive squares (horizontally, vertically or diagonally) wins.

## Descriptions

**Hypoglycemia:** Low blood glucose

**Glucose:** A type of sugar the body uses to create energy

**Insulin:** A hormone the body uses to “unlock” cells so they can use blood glucose to create energy

**Metabolism:** The body’s self-maintenance through energy creation and use

**<70 mg/dl:** The typical blood glucose reading of a person with hypoglycemia

**Nutrition:** The body’s use of food for the energy it needs to function

**Physical activity:** Another term for exercise, a necessary part of a healthy lifestyle

**Pancreas:** An organ in the body that creates insulin

**Liver:** An organ in the body that creates bile and contributes in other metabolic functions

**Kidneys:** The organs in the body responsible for filtering blood

**Fluids:** Drinkable liquids

**Fast-acting sugar:** Any source of sugar that digests quickly to add glucose to the bloodstream

**Neuropathy:** Damage to the nerves; one of the potential complications of type 2 diabetes

**Nephropathy:** Damage to the kidneys; one of the potential complications of type 2 diabetes

**Retinopathy:** Damage to the back of the eye; one of the potential complications of type 2 diabetes

**Shakiness:** A symptom of hypoglycemia

**Nervousness:** A symptom of hypoglycemia

**Anxiety:** A symptom of hypoglycemia

**Sweating:** A symptom of hypoglycemia

**Irritability:** A symptom of hypoglycemia

**Confusion:** A symptom of hypoglycemia

**Dizziness:** A symptom of hypoglycemia

**Hunger:** A symptom of hypoglycemia

**Fatigue:** A symptom of hypoglycemia

**Seizures:** A symptom of untreated or severe hypoglycemia

**Unconsciousness:** A symptom of untreated or severe hypoglycemia

Following the game, prompt participants to discuss how to recognize hypoglycemia and respond to blood glucose below 70 mg/dl: **Check, treat, check.**

The following Krames On-Demand HealthSheets are available for handouts:

- Diabetes and Alcohol Consumption
- Diabetes: Driving Issues
- Diabetes: Sick-Day Plan
- Diabetes: Understanding Carbohydrates
- Hypoglycemia (Low Blood Sugar)
- Oral Medications for Type 2 Diabetes
- Your Diabetes Toolkit
- Faces of Hypoglycemia
- ADA Diabetes Advisor: Hypoglycemia

© 2000-2014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.



# B I N G O

## LETTERS

<b>B</b> Nutrition	<b>I</b> Fluids	<b>N</b> Retinopathy	<b>G</b> Nervousness	<b>O</b> Irritability
<b>B</b> Glucose	<b>I</b> Physical activity	<b>N</b> Fast-acting sugar	<b>G</b> Shakiness	<b>O</b> Confusion
<b>B</b> Insulin	<b>I</b> Pancreas	<b>N</b> Hypoglycemia	<b>G</b> Seizures	<b>O</b> Dizziness
<b>B</b> Metabolism	<b>I</b> Liver	<b>N</b> Neuropathy	<b>G</b> Anxiety	<b>O</b> Hunger
<b>B</b> <70 mg/dl	<b>I</b> Kidneys	<b>N</b> Nephropathy	<b>G</b> Sweating	<b>O</b> Fatigue

© 2000-20014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.



# B I N G O

<b>Nutrition</b>	<b>Fluids</b>	<b>Retinopathy</b>	<b>Nervousness</b>	<b>Irritability</b>
<b>Glucose</b>	<b>Physical activity</b>	<b>Fast-acting sugar</b>	<b>Shakiness</b>	<b>Confusion</b>
<b>Insulin</b>	<b>Pancreas</b>	<b>Hypoglycemia</b>	<b>Seizures</b>	<b>Dizziness</b>
<b>Metabolism</b>	<b>Liver</b>	<b>Neuropathy</b>	<b>Anxiety</b>	<b>Hunger</b>
<b>&lt;70 mg/dl</b>	<b>Kidneys</b>	<b>Nephropathy</b>	<b>Sweating</b>	<b>Fatigue</b>

© 2000-20014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.



# B I N G O

<b>Glucose</b>	<b>Physical activity</b>	<b>Fast-acting sugar</b>	<b>Shakiness</b>	<b>Confusion</b>
<b>Insulin</b>	<b>Pancreas</b>	<b>Hypoglycemia</b>	<b>Seizures</b>	<b>Dizziness</b>
<b>Metabolism</b>	<b>Liver</b>	<b>Neuropathy</b>	<b>Anxiety</b>	<b>Hunger</b>
<b>&lt;70 mg/dl</b>	<b>Kidneys</b>	<b>Nephropathy</b>	<b>Sweating</b>	<b>Fatigue</b>
<b>Nutrition</b>	<b>Fluids</b>	<b>Retinopathy</b>	<b>Nervousness</b>	<b>Irritability</b>

© 2000-20014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.



# B I N G O

<b>Insulin</b>	<b>Pancreas</b>	<b>Hypoglycemia</b>	<b>Seizures</b>	<b>Dizziness</b>
<b>Metabolism</b>	<b>Liver</b>	<b>Neuropathy</b>	<b>Anxiety</b>	<b>Hunger</b>
<b>&lt;70 mg/dl</b>	<b>Kidneys</b>	<b>Nephropathy</b>	<b>Sweating</b>	<b>Fatigue</b>
<b>Nutrition</b>	<b>Fluids</b>	<b>Retinopathy</b>	<b>Nervousness</b>	<b>Irritability</b>
<b>Glucose</b>	<b>Physical activity</b>	<b>Fast-acting sugar</b>	<b>Shakiness</b>	<b>Confusion</b>

© 2000-2014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.



# B I N G O

<b>Metabolism</b>	<b>Liver</b>	<b>Neuropathy</b>	<b>Anxiety</b>	<b>Hunger</b>
<b>&lt;70 mg/dl</b>	<b>Kidneys</b>	<b>Nephropathy</b>	<b>Sweating</b>	<b>Fatigue</b>
<b>Nutrition</b>	<b>Fluids</b>	<b>Retinopathy</b>	<b>Nervousness</b>	<b>Irritability</b>
<b>Glucose</b>	<b>Physical activity</b>	<b>Fast-acting sugar</b>	<b>Shakiness</b>	<b>Confusion</b>
<b>Insulin</b>	<b>Pancreas</b>	<b>Hypoglycemia</b>	<b>Seizures</b>	<b>Dizziness</b>

© 2000-20014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.





# B I N G O

<b>&lt;70 mg/dl</b>	<b>Kidneys</b>	<b>Nephropathy</b>	<b>Sweating</b>	<b>Fatigue</b>
<b>Nutrition</b>	<b>Fluids</b>	<b>Retinopathy</b>	<b>Nervousness</b>	<b>Irritability</b>
<b>Glucose</b>	<b>Physical activity</b>	<b>Fast-acting sugar</b>	<b>Shakiness</b>	<b>Confusion</b>
<b>Insulin</b>	<b>Pancreas</b>	<b>Hypoglycemia</b>	<b>Seizures</b>	<b>Dizziness</b>
<b>Metabolism</b>	<b>Liver</b>	<b>Neuropathy</b>	<b>Anxiety</b>	<b>Hunger</b>

© 2000-20014 Krames Staywell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. This information has been modified by your health care provider with permission from the publisher.