

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

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B I N G O

LETTERS

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

B I N G O

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

B I N G O

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

B I N G O

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

B I N G O

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

B I N G O

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