

## **PREVIEW - Keith Runyan - Improve Type 1 Diabetes with Low Carb (LCC 2015) 2**

**Keith Runyan:** When you're developing hypoglycemia you're actually not aware that it's happening and you can begin sweating and not feeling right, but your brain, because it's lacking glucose, is not aware that you're entering this state and then it's not until things get real bad, that you say, "Uh-oh, this is hypoglycemia."

And then, of course, you take the corrective action of eating something or taking sugar or something. But it just feels awful and then once you have come to the realization that you are having this, then there's a factor of embarrassment, because you didn't pick up on it. And you know, I've had episodes where my shirt was just completely soaked in sweat.

I've had it happen in the exam room, you know, with patients. I even had a patient call 911.

**Dr. Eenfeldt:** Oh, wow!

**Keith Runyan:** Well, you laugh, but it's quite embarrassing.

**Dr. Eenfeldt:** Yeah, it's embarrassing I'm sure.

**Keith Runyan:** Yeah, so, you know, I thought everything was going fine and the next thing I know the paramedics were walking in my exam room and I said... and then I looked down at my shirt and so I was soaked in sweat. And then I realized what the problem was, but how embarrassing is that!