

HYPOGLYCEMIA OR THE LOW BLOOD SUGAR DISEASE

Hypoglycemia is often related to the treatment of diabetes. However, a variety of conditions “ many rare ” can cause low blood sugar in.

The normal range of newborn blood sugars continues to be debated. Others, especially those lower in the list, remain abnormal even after hypoglycemia is reversed, and can be usefully measured even if a critical specimen is missed. If your blood sugar remains unresponsive, contact your doctor or emergency services. Learn about balancing your medicines, eating plan, and physical activity to prevent hypoglycemia. If you have had hypoglycemia without feeling any symptoms, you may need to check your blood glucose more often so you know when you need to treat your hypoglycemia or take steps to prevent it. Hypoglycemia in these circumstances is often multifactorial or caused by the healthcare. The people you are in frequent contact with for example, friends, family members, and coworkers should be instructed on how to give you glucagon to treat severe hypoglycemia. If you have this condition, your blood sugar can drop without you noticing it. Apple, grape, or cranberry juice are good options. Your doctor may send you home with a blood glucose meter “ a small, handheld blood testing device ” to track your blood sugar over time at home. Think of insulin as the key that unlocks your cells, letting glucose in for energy. This type of hypoglycemia, called reactive or postprandial hypoglycemia, may occur in people who have had stomach surgery. If symptoms appear after eating, they will need another glucose test after eating. Severe illnesses of the liver, such as severe hepatitis, can cause hypoglycemia. Hypoglycemia unawareness puts the person at increased risk for severe low blood sugar reactions when they need someone to help them recover. Check your blood glucose again after another 15 minutes. For example, you might eat a snack before being physically active or decrease your insulin dose as directed by your health care provider to keep your blood glucose from dropping too low. Work with your health care team Tell your health care team if you have had hypoglycemia. Brief or mild hypoglycemia produces no lasting effects on the brain, though it can temporarily alter brain responses to additional hypoglycemia. Among these are oral medications that increase insulin production and insulin injections. The drink raises your blood glucose, causing your body to make more insulin. If this is happening, discuss treatment with your diabetes care team. Certain disorders of the adrenal glands and the pituitary gland can result in a deficiency of key hormones that regulate glucose production. Some medications: Quinine, a drug that prevents malaria , can trigger hypoglycemia. Symptoms and treatment are similar to those for hypoglycemia due to other causes. For clinical purposes, plasma and serum levels are similar enough to be interchangeable. When treating a low, the choice of carbohydrate source is important. Food What you eat can cause blood sugar, including: Not enough carbohydrates Eating foods with less carbohydrate than usual without reducing the amount of insulin taken. To correct this problem, someone with diabetes may take insulin or other drugs to lower blood sugar levels. If you have hypoglycemia unawareness or have hypoglycemia often, ask your health care provider about a continuous glucose monitor CGM. For most practical purposes, the brain is dependent on a continual supply of glucose diffusing from the blood into the interstitial tissue within the central nervous system and into the neurons themselves. Sometimes hypoglycemia occurs after meals because the body produces more insulin than is needed. Fasting or missing a meal may lead to low blood sugar levels. CGMs can tell you if your blood glucose is falling quickly and sound an alarm if your blood glucose falls too low. The American Diabetes Association recommends that your snack have at least 15 grams of carbohydrates. Questions to ask your doctor What is causing my hypoglycemia? When to see a doctor Seek a doctor's help immediately if: You have what may be symptoms of hypoglycemia and you don't have diabetes. Some people may have to spend time in the hospital and fast for longer. Skipping or delaying a meal If you skip or delay a meal, your blood glucose could drop too low. Eat regular meals and snacks Your meal plan is key to preventing hypoglycemia. Increased activity: Increasing levels of physical activity can lower blood sugar levels for some time. Drinking heavily without eating can block your liver from releasing stored glucose into your bloodstream, causing hypoglycemia. For immediate treatment of low blood glucose, make sure you eat or drink 15 grams carbohydrate in form of juice, glucose tablets, or hard candy. If you are taking insulin, a sulfonylurea, or a meglitinide, using your diabetes management plan and working with your health care team to adjust your plan as needed can help you prevent hypoglycemia.