

Sources:

- www.hypoglycemia.org
- <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.htm>
- <http://www.mayoclinic.com/health/hypoglycemia>
- <http://www.dietitian.com/hypoglyc.html>

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Human Diseases and Disorders

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Human Diseases and Disorders

What is Hypoglycemia?

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What is Hypoglycemia?

Hypoglycemia is a condition when your blood glucose level drops and it is difficult to perform everyday activities. Hypoglycemia is a common side effect of diabetic medications, but non-diabetic people can also have this problem. Hypoglycemia is also known as having low blood sugar.



WHAT ARE THE SYMPTOMS?

- Shaking
- Weakness- feeling light-headed
- Perspiration- waking up in damp sheets
- Dizziness– possibly passing out
- Confusion
- Difficulty Speaking
- Feeling anxious

WHAT CAUSES HYPOGLYCEMIA?

Hypoglycemia is caused by a number of things. If you are a diabetic then it can be from complications with medications. If a diabetic person increases activities and exercise, increases their amount of alcohol intake, has too high of a dose of insulin, or does not eat enough or skips a meal they are at risk of having a hypoglycemic attack.



For a non-diabetic person the causes are somewhat different. It could be hereditary, from a different illness, alcohol abuse, a deficiency in the endocrines which is the glands that produce and regulate the hormones in your body, or from tumors. Eating incorrectly is the major cause of hypoglycemia.

WHAT IS THE TREATMENT?

Treatment for hypoglycemia is difficult because it is a generally mild condition, but if not treated properly it can lead to unconsciousness. Treatment for diabetics and non-diabetics are different. The “quick-fix” foods that they recommend to anyone feeling like their blood sugar is too low or that they might have an attack include: 2 or 3 glucose tablets, 1/2 a cup of fruit

juice, 1 cup of milk, 1/2 a cup of regular soft drink, 5 or 6 pieces of hard candy, or 1 to 2 teaspoons of sugar or honey. For diabetic patients checking blood glucose level, monitoring their insulin intake, and watching what they eat is the most important thing they can do to prevent an attack from coming on.



For non-diabetic patients it is important to eat small meals and snacks every 3 hours, exercise regularly, and eat very well-balanced meals. Sometimes your doctor might recommend a dietician to help you with meal plans.

It is very important to make sure a patient with hypoglycemia takes all precautions to prevent going unconscious because then taking in glucose is much more difficult.

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