Hypoglycemia Essay, Research Paper

Hypoglycemia means low blood sugar or low fuel in the blood. It also

refers to a distubed carbohydrate metabolism, since some people change

between high and low blood sugar levels. When the body tries to work under

these conditions, mental processes are impaired and body systems are

broken. Hypoglycemia is sometimes related to other conditions like drug

addiction, alcoholism, allergies, arthritis, diabetes, mental illness, anti-social

behavio, an juvenile deliquency.

There are numerous causes of hypoglycemia including; inborn errors of

metabolism, defects in enzyme systsms, disorders of various glands and

organs (hypothalamus, pituitary and adrenals, nervous system, kidneys, and

liver). The most common cause is a diet high in carbohydrates and caffiend,

which disturbs the blood-sugar regulating systems of the body.

THere are a number of symptoms of Hypoglycemia that can be

identified. The major symptoms are depression, insomnia, irritability, lack of

concentration, crying spells, phobias, forgetfulness, confusion, unsocial or

anti-social behavior and suicidal tendencies. The early symptoms of

hypoglycemia are similar to those which occur as the result of experiencing

a sudden and violent fear: fainting, tremulousness, and ?inward tremblind?,

emotional disturbances, chilliness, numbness and pallor encirling th nmouth,

hunger, apprehencion, hand tremors, mild degree ofmental cloudiness,

dilated pupils and pale skin. As the hypoglycemia progress, a variety of

symptoms occur such as headaches, difficulty inconcentration,

disoreientation, mental confusion, dizziness, faintness, double vision,

coldness of the extremities, staggering or inability to walk, muscle

twitching, depression, restlessness, and excessive excitement. Unless these

symptoms are recognized and treated, hypoglcemia can lead to convulsions,

amnesia, and unconciousness.

In 1924, Seale Harris M.D., a diabetic specialist noticed that many

peopl had symptoms without having diaetes. Their blood sugar would drop

too low after eating a sugary refined carbohyudrate meal, or after drinking

cafeine or alcohol. After an initial rise but not into the diabetic range, their

blood sugar would then fall into a hypoglemic range with many different

symptoms depending on the indivvidual, the immune system, and the

metabolis. He was the first person to notice Hypoglycemia and to

differentiate it from Diabetes.

Hypoglycemia can be treated a umber of ways. THe diet should

exclude things that can cause stress on thebody, such as caffeine, nicotine,

alcohol, and rapidly absorbed carbohudrates such as sugars, honey, and many

grains and cereals. Frequent feedings are essential,k withhearty breakfasts

and bedtime snacks. Many symptoms will dissapear when the blood sugar is

stablilized. THe most important thing to remember is that the average

adult has between one and twot easpoons of blood sugar circulating in his

body at one time, with a small amount stored in his liver foremergencies. A

child has less in relationto its height and weitht. Eating foods such as 4 ozs

of chocolate cake withicing and 6 ozs of Coke, which is too quickly absorbed

into the blood, can cause a mess from the sugar overload as the body has to

bring the blood sugar down to a normal range by a very complicated process.