

Alternative Medicine Moncton

Alternative Medicine Moncton - The level of blood glucose refers to the amount of sugar or glucose present in the blood. The normal range the body maintains a blood glucose reference range between approximately 3.6 - 5.8 mM and also represented as mmol/L that translates to millimoles/liter. The range can also be measured as 64.8-104.4 mg/dL. As part of the metabolic homeostasis, the human body tightly regulates level of blood glucose.

The body's main source of energy for its cells is glucose, whereas the blood lipids which are in the forms of fats and oils, provide a compact energy store. The bloodstream transports glucose from the intestines or liver to body cells. The hormone insulin makes the glucose accessible for cell absorption. Insulin is primarily produced within the body by the pancreas.

The average normal blood glucose level for humans is approximately 4mM or 4mmol/L or 72 mg/dL, which translates to milligrams/decilitre. It is common for levels of blood glucose to change throughout the day. Normally, glucose levels are lowest during the morning previous to eating breakfast. The reading is referred to usually as "the fasting level." Levels normally increase following meals for an hour or two. When levels of blood sugar fall outside of the average range, this could be an indicator of a medical situation. If the level is constantly high, it is referred to as hyperglycemia and conversely, low levels are considered to be hypoglycaemia.

Persistent hyperglycemia is the main hallmark of Diabetes mellitus. This is the most prominent disease linked to failure regulate blood sugar. Trauma, severe stress, myocardial infarction, sickness, stroke or surgical procedure can likewise cause temporarily elevated blood sugar levels. An initial rise in blood sugar can also happen due to intake of alcohol, although afterward it tends to cause levels to decline.

Health Effects

When blood sugar levels decline very low, hypoglycaemia develops. This is a potentially fatal condition. Signs of hypoglycaemia include lethargy, impaired mental functioning, irritability, twitching, shaking, and loss of consciousness, sweating, aggressive or paranoid mentality, and weakness in leg and arm muscles, pale complexion and probably even brain damage. Appetite is suppressed over the short term if levels remain too high. Amongst the long-term health conditions linked with diabetes can occur as a result of long-term hyperglycemia. Health problems can include nerve damage, heart disease, and kidney and eye damage.

Low Blood Sugar

To be able to avoid very serious consequences of inadequate glucose, mechanisms that restore adequate levels of glucose post hypoglycaemia should be effective and quick. If untreated, hypoglycaemia could cause unsteadiness, confusion and in the extreme, coma. It is much more dangerous to have too little amounts of glucose in the blood than very much, at least on a temporary basis.

The blood glucose-regulating mechanisms in healthy people are usually somewhat effective. Symptomatic hypoglycaemia is usually found just in those diabetics who use insulin or pharmacological treatment. The swiftness and severity of hypoglycaemic episodes could differ greatly between people. In severe instances, prompt medical assistance is needed instantly due to the fact that damage to tissues and brain damage and possibly even death could result from significantly low blood-glucose levels.