

Health Tips

Your Good Health Information From eDocAmerica

with

Dr. D


 Printer Friendly


Click Here!

to forward this
Health Tip to a friend

eDocAmerica
Services
Overview

Click
HERE...

Unsubscribe



If you wish to [unsubscribe](#) from any eDocAmerica mailings, please click on the image above.

Register Now

If you have not yet used eDocAmerica to communicate with our physicians, we urge you to give it a try. Email us about this or

Health Tip: Reactive Hypoglycemia

Hypoglycemia, also called low blood sugar, occurs when your blood glucose (blood sugar) level drops too low. When this happens, characteristic symptoms develop including: hunger, shakiness, dizziness, sweating, blurred vision, and weakness. Many people view hypoglycemia as a distinct disease. In reality, hypoglycemia is usually a manifestation of: 1) an underlying medical condition such as liver disease or a tumor of the pancreas, 2) a side effect of a medication, such as insulin or, 3) a poorly understood condition called "reactive hypoglycemia". Overall, diabetics are the most likely group to experience hypoglycemia, related to taking their glucose-lowering medications. In those without diabetes, reactive hypoglycemia is the most common cause for a low blood sugar. Reactive hypoglycemia is defined as low blood sugar occurring one to three hours after eating.

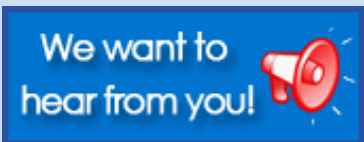


What causes reactive hypoglycemia? Some of the causes of reactive hypoglycemia are known, but these represent only a small percentage of the total cases. For example, having stomach surgery can cause food to rapidly pass from the stomach into the small intestine with resulting hypoglycemia. In the majority of cases of reactive hypoglycemia, however, no specific cause is found. Some people may be more sensitive to the body's normal release of the hormone epinephrine, which can produce symptoms of hypoglycemia. A deficiency of a hormone called glucagon, that normally stimulates the release of glucose stores when blood sugar drops or a release of an excess of insulin in response to sugar in the diet are other possible explanations.

How is reactive hypoglycemia diagnosed? A careful history and physical examination along with the dietary history often points doctors to the diagnosis. A blood sample taken when symptomatic will help to confirm the diagnosis. With reactive hypoglycemia, it should be less than 70 mg/dl and symptoms should disappear after eating food.

What is the treatment for reactive hypoglycemia? Assuming there is no serious underlying cause determined, reactive hypoglycemia can usually be controlled with lifestyle measures. These include eating nutritionally balanced meals, getting regular exercise, and keeping weight under control. Of these, nutritional measures seem to be the most important. Recommendations for

any other topic or question you have!



managing hypoglycemia are:

- Eat small meals or a snack every 2-3 hours.
- Eat a variety of foods that includes including meat, poultry, fish, or nonmeat sources of protein; starchy foods such as whole-grain bread, rice, and potatoes; fruits; vegetables; and dairy products.
- Eat a source of protein (soy foods, poultry, fish, cheese, eggs, peanut butter or meat) or a source of fat at each meal or snack.
- Eat high fiber foods to help stabilize blood sugar (whole grain breads and cereals, legumes, vegetables and whole fruits).
- Limit simple sugars such as candy, soda, and fruit juice, especially on an



empty stomach. Sweet foods are better tolerated if eaten with meal since the other foods at the meal reduce the effects of the sugar.

- Limit consumption of alcohol and caffeine (coffee, tea, soda, chocolate).
- Have non-perishable foods (energy bars, nuts, dried fruits, etc.) available to eat with the first signs of hypoglycemia.
- Consider the Glycemic Index (GI)

when considering food choices. Foods with a lower GI are more slowly digested, causing less of a rise in insulin, and possibly preventing hypoglycemia.

Next week we'll take a more in-depth look at the Glycemic Index and its application in the management of reactive hypoglycemia as well as with weight loss and treatment of diabetes.

Have you ever used eDocAmerica?

To register, just [Click Here](#) and follow the simple directions. The entire process should take less than 5 minutes.

You'll be glad you did.



11719 Hinson Road, Suite 130 Little Rock, Arkansas 72212

Toll Free 1-866-525-eDoc (3362) www.eDocAmerica.com

Copyright 1999-2008 eDocAmerica. All rights reserved. Patent Pending. [\[click here to unsubscribe\]](#)