



A Brief Note on Symptoms of Hypoglycemia

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DESCRIPTION

Hypoglycemia is a condition in which blood sugar (glucose) levels are lower than normal. Glucose is your body's main source of energy. Hypoglycemia is often associated with diabetes treatment. However, other drugs and various medical conditions (many of which are rare) can also cause hypoglycemia in people without diabetes.

If your blood sugar is low, you need to treat your hypoglycemia immediately. For many, fasting blood glucose below 70 milligrams (mg/dl) per liter or 3.9 mmol (mmol/L) per liter should serve as a warning of hypoglycemia. But your numbers may be different. Please consult your doctor. Treatment is to quickly return blood sugar to normal with high-carbohydrate foods, drinks, or medications. Long-term treatment requires identification and treatment of the cause of hypoglycemia.

Signs and symptoms of hypoglycemia

Responses to hypoglycemia vary from person to person. You will get to know your signs and symptoms when your blood sugar is low. Taking the time to write down these symptoms will help you learn your symptoms when your blood sugar is low. From the milder and more general indicators to the most serious signs and symptoms of hypoglycemia, you'll find:

- Shivering
- feel nervous or anxious
- Sweat, chills, humidity
- Sensitivity or impatience
- Mistake
- Fast heartbeat
- Feeling light-headed or dizzy
- Hunger
- Nausea
- Color that exudes from the skin (pallor)
- Makes you drowsy
- Feel weak or lacking energy

- Visual impairment / visual impairment
- Aching and numbness in the lips, tongue and cheeks
- Headache
- Adjustment problems, clumsiness
- Nightmares and crying during sleep
- Seizures

Causes

Hypoglycemia is most common in patients with a history of diabetes treated with insulin, glinide, and sulfonylureas. On the other hand, in patients with no history of diabetes, this is extremely rare because many regulatory mechanisms have been introduced to properly balance glucose, insulin and glucagon.

Diabetes

The most common causes of hypoglycemia in diabetics are drugs used to treat diabetes, such as insulin, sulfonylureas, and biguanides. This is often due to overdose or untimely doses. People with diabetes may take insulin in anticipation of the possibility of missing a meal or snack, resulting in hypoglycemia due to elevated insulin levels in the absence of glucose from the planned diet. Fasting, whether planned or overnight, can also lead to hypoglycemia due to the long periods of no glucose intake. Exercising more than usual can lead to hypoglycemia, especially as muscles use more glucose. Alcohol inhibits glucose production, so alcohol consumption can also lead to hypoglycemia, especially when combined with diabetes medications. Kidney disease can also cause hypoglycemia. This is because insulin secretion is reduced and insulin levels in the circulation are sustained.

Serious illness

Serious illness can lead to hypoglycemia. Serious diseases of many organ systems can cause hypoglycemia as a secondary problem. Hypoglycemia is especially common in patients in the intensive care unit or who are deprived of food and drink as part of their treatment plan. Sepsis, a common cause of hypoglycemia in serious illnesses, can lead to hypoglycemia in a variety of ways. In a septic state, the body uses large amounts of glucose for energy. Glucose utilization is further increased by the production of cytokines. Cytokines are proteins that the body produces when under stress,

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especially when fighting infections. Cytokines can also inhibit glucose production and further reduce the body's energy storage. Finally, the liver and kidneys are sites of glucose production, and in septic conditions, these organs may not receive enough oxygen and glucose production is reduced due to organ damage.

Drug

Many drugs have been identified that can induce hypoglycemia through a variety of mechanisms. Moderate quality evidence is associated with the non-steroidal anti-inflammatory drug indomethacin and the antimalarial drug quinine. Poor quality evidence means lithium used in bipolar disorder. Finally, very poor evidence is that many hypertension include angiotensin converting enzyme inhibitors (also called ACE inhibitors), Angiotensin Receptor Blockers (also called ARBs), and beta blockers. Other drugs with very low quality of evidence include the antibiotics levofloxacin and trimetoprim-sulfamethoxazole, the progesterone blocker mifepriston, the antiarrhythmic drug disopyramide, the

anticoagulant heparin, and the chemotherapeutic drug mercaptop.

Treatment of hypoglycemia

People who notice signs of hypoglycemia should take 15-20 grams (g) of a reliable source of carbohydrates or glucose, such as:

- Glucose tablets
- Sugar Cube
- Candies
- Glasses of fruit juice

Then, after 15 minutes, check your blood sugar, eat another snack, and repeat until your blood sugar is within the normal range. After this, people can eat slower release carbohydrates, such as cereal, bread, rice, or fruit. People will also need to seek treatment for any underlying cause.