

## Alternative Medicine St. John's

Alternative Medicine St. John's - The blood glucose level refers to glucose or sugar present in the blood. The body maintains a typical range of blood glucose between 3.6 - 5.8 mM and likewise represented as mmol/L which literally translates to millimoles/liter. The range may even be measured as 64.8-104.4 mg/dL. As part of the metabolic homeostasis, the human body strongly regulates blood glucose levels.

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

For humans, the standard normal level of blood glucose is almost 4mM or 4mmol/L or 72 mg/dL, that is in milligrams/decilitre. Throughout the day it is common for the blood glucose levels to fluctuate. Usually, levels of glucose are lowest during the morning before eating breakfast. The reading is referred to usually as "the fasting level." Levels typically rise after meals for a couple of hours. If levels of blood sugar fall outside of the average range, this can be an indicator of a medical situation. When the level is persistently high, it is called hyperglycemia and conversely, levels which are low are considered to be hypoglycaemia.

Constant hyperglycemia is the major hallmark of Diabetes mellitus. This is the most prominent illness associated to failure regulate blood sugar. Trauma, severe stress, myocardial infarction, illness, stroke or surgical procedure can likewise result in temporarily elevated blood sugar levels. An initial rise in blood sugar can likewise happen due to intake of alcohol, even if afterward it tends to cause levels to decline.

### Health Effects

Hypoglycaemia develops if the blood sugar levels decline very low. The condition can be potentially fatal. Among the symptoms of hypoglycaemia include impaired mental functioning, lethargy, irritability, itching, loss of consciousness, shaking, 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 connected with diabetes can occur as a result of long-term hyperglycemia. Health issues could include heart disease, nerve damage, and kidney and eye damage.

### Low Blood Sugar

In order to prevent really serious consequences of inadequate glucose, mechanisms that restore adequate glucose levels post hypoglycaemia must be effective and quick. If not treated, hypoglycaemia may lead to unsteadiness, confusion and in the extreme, coma. It is a lot more dangerous to have very little amounts of glucose within the blood than too much, at least on a temporary basis.

The blood glucose-regulating mechanisms within healthy individuals are normally somewhat effective. Symptomatic hypoglycaemia is generally found just in those diabetics that make use of pharmacological treatment or insulin. The swiftness and severity of hypoglycaemic episodes could differ significantly between individuals. In severe instances, prompt medical help is needed immediately because brain damage and damage to tissues and probably even death can result from blood-glucose levels which are too low.