

## Alternative Medicine Owen Sound

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

Glucose is the body's primary source of energy for its cells. Additionally, blood lipids in the forms of oils and fats are mostly 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 primarily produced in the body by the pancreas.

The standard normal blood glucose level for humans is approximately 4mM or 4mmol/L or 72 mg/dL, that translates to milligrams/decilitre. It is common for blood glucose levels to change through the day. Normally, levels of glucose are lowest in the morning previous to breakfast. The reading is referred to usually as "the fasting level." Levels typically rise following meals for a couple of hours. If levels of blood sugar fall outside of the regular range, this can be a sign of a medical condition. If the level is persistently high, it is called hyperglycemia and conversely, levels which are low are considered to be hypoglycaemia.

The major hallmark of Diabetes mellitus is constant hyperglycemia. This disease is the most prominent of all diseases related to the failure to regulate blood sugar. Trauma, severe stress, myocardial infarction, sickness, surgical treatment or stroke can likewise lead to temporarily high blood sugar levels. An initial rise in blood sugar can also occur due to intake of alcohol, though later on it tends to cause levels to decline.

### Health Effects

If levels of blood sugar decline very low, hypoglycaemia develops. This is a potentially fatal condition. Symptoms of hypoglycaemia include impaired mental functioning, lethargy, 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. Among the long-term health conditions associated with diabetes can happen as a result of long-term hyperglycemia. Health issues may include heart disease, nerve damage, and kidney and eye damage.

### Low Blood Sugar

To be able to prevent extremely serious consequences of inadequate glucose, mechanisms which restore adequate glucose levels post hypoglycaemia need to be effective and quick. If untreated, hypoglycaemia can lead to unsteadiness, confusion and in the extreme, coma. It is a lot more dangerous to have too little amounts of glucose within the blood than very much, at least on a temporary basis.

Within healthy people, blood glucose-regulating mechanisms are typically quite effective. Generally, symptomatic hypoglycaemia is present only in diabetics using insulin or pharmacological treatment. The severity and swiftness of hypoglycaemic episodes could differ greatly between individuals. In severe instances, prompt medical assistance is immediately needed due to the fact that damage to tissues and brain damage and probably even death could result from significantly low blood-glucose levels.