

## BLOOD GLUCOSE DISORDERS

### WHAT IS HYPERGLYCAEMIA?

- Hyperglycaemia is the condition of having an excessive amount of glucose circulating in the blood plasma.
- It is the basic and most consistent finding in all types of diabetes mellitus.
- Sustained high levels of blood sugar cause damage to the blood vessels and organs they supply.

### WHAT IS HYPOGLYCAEMIA?

- Hypoglycaemia is a medical term referring to a lower than normal amount of sugar in the blood.
- Hypoglycaemia can produce a variety of symptoms, but the principal problems arise from an inadequate supply of glucose as fuel to the brain.
- Derangements of function can range from vaguely feeling bad to coma and rarely death. Hypoglycaemia can arise from many conditions, and can occur at any age.
- Research in healthy adults shows that mental efficiency declines as blood glucose falls below 65 mg/dl.
- Hormonal defense mechanisms (adrenaline and glucagon) are activated as it drops below 55 mg/dl.