

## Alternative Medicine Winnipeg

Alternative Medicine Winnipeg - The blood glucose level means glucose or sugar present in the blood. The body maintains a normal range of blood glucose between 3.6 - 5.8 mM and also represented as mmol/L which literally translates to millimoles/liter. The range could also 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 primary energy source for its cells is glucose, whereas the blood lipids that are in the forms of fats and oils, 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 primarily produced in the body by the pancreas.

The average normal blood glucose level for human beings is roughly 4mM or 4mmol/L or 72 mg/dL, which translates to milligrams/decilitre. It is common for levels of blood glucose to fluctuate during the day. Usually, levels of glucose are lowest during the morning prior to eating breakfast. The reading is referred to usually as "the fasting level." Levels normally increase after meals for an hour or two. When blood sugar levels fall outside of the regular range, this can be a sign of a medical condition. When the level is constantly high, it is referred to as 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 disease linked to failure of blood sugar regulation. Trauma, severe stress, myocardial infarction, illness, stroke or surgery may likewise lead to temporarily high levels of blood sugar. An initial surge in blood sugar can likewise take place due to alcohol intake, even though later on it tends to cause levels to decline.

### Health Effects

Hypoglycaemia develops when the blood sugar levels decline very low. The condition can be potentially fatal. Among the signs 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. Among the long-term health conditions related with diabetes can happen as a result of long-term hyperglycemia. Health issues may include nerve damage, heart disease, and eye and kidney damage.

### Low Blood Sugar

The mechanisms that help to restore adequate glucose levels post hypoglycaemia need to be quick and effective so as to prevent really serious consequences of inadequate glucose. If untreated, hypoglycaemia could result in unsteadiness, confusion and in the extreme, coma. It is much more dangerous to have too little amounts of glucose in the blood than too much, at least on a temporary basis.

The blood glucose-regulating mechanisms within healthy people are normally quite effectual. Symptomatic hypoglycaemia is usually found only in those diabetics that make use of pharmacological treatment or insulin. The swiftness and severity of hypoglycaemic episodes can vary significantly between individuals. In severe circumstances, prompt medical assistance is required immediately due to the fact that brain damage and damage to tissues and possibly even death can result from blood-glucose levels which are significantly low.