Hypoglycemia Encyclopedia Article

Hypoglycemia

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Hypoglycemia

BLOOD PRESSURE LEVELS FOR THE 90TH AND 95TH PERCENTILES OF BLOOD PRESSURE FOR GIRLS AGE 1 TO 17 YEARS BY PERCENTILES OF HEIGHT

Abnormally low levels of glucose in the blood.

Hypoglycemia, or insulin shock, is brought on by abnormally low levels of glucose in the blood. The condition is common among individuals with **diabetes mellitus** who are administering their own insulin injections. An inadequate diet, minor illnesses, or excessive activity without adequate sustenance can contribute to the condition. If unchecked, hypoglycemia can lead to unconsciousness. In very rare cases, the victim may suffer a **seizure.**

A hypoglycemie child will appear irritable, sweaty, shaky, and confused and may complain of being very hungry. In most cases, a snack will remedy the situation quickly. A child who is **vomiting** or unable to retain liquids needs immediate medical attention.

Hypoglycemia can occur repeatedly in diabetic children whose insulin dosage is too high. While rare in non-diabetic children, hypoglycemia occasionally occurs when a child's diet is abnormally high in carbohydrates. Teenagers who follow fad diets or lose weight too quickly can experience episodes of hypoglycemia. Hypoglycemia can often be prevented if children eat five or six high protein meals and snacks a day.

For Further Study

Books

Saunders, Jeraldine, and Harvey M. Ross. *Hypoglycemia: The Disease Your Doctor Won't Treat.* New York: Pinnacle Books, 1980.

Service, F. John, ed. *Hypoglycemie Disorders: Pathogenesis, Diagnosis, and Treatment.* Boston: G.K. Hall, 1983.

Slap, Gail B., and Martha M. Jablow. *Teenage Health Care.* New York: Pocket Books, 1994.

Weiler, Charles, and Brian Richard Boylan. *How to Live with Hypoglycemia.* Garden City, NY: Doubleday, 1968.