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Hyperglycemia or Hypoglycemia

There are many confusing words in the English language. Many words look similar and even more have similar meanings. Medical terms are especially confusing for people who have not studied the field of medicine. Hyperglycemia and hypoglycemia are very similar in the way they are spelled and very similar in their meaning. Who knows the difference?

Hyperglycemia and hypoglycemia are quite similar. They are both due to an imbalance of insulin in the bloodstream. Some similar symptoms are the feeling of hunger, rapid pulse, loss of consciousness, irritability, and lack of coordination. These problems have simple fixes that do not require hospitalization; however, the problems themselves could be a sign of something very serious. Like other possible signs of diabetes such as polyuria and polydipsia, these symptoms need to be evaluated by a physician.

Hyperglycemia is when the body has high blood glucose, sugar, levels. The lack of insulin prevents the body from effectively using glucose and causes a dangerously high level of glucose in the blood. Due to the abundance of glucose, sugar, in the bloodstream, it causes he or she to become excessively thirsty, excessively eat or to be hungry, and to have excessive urination. The reason the body becomes thirsty is that it tries to dilute the abundance of sugar by adding water. The body tries to secrete more insulin to balance the amount of sugar by eating, insulin causes hunger. It tries to remove the excess of sugar by urination, however, the excessive amount of urination leads to dehydration. There are more symptoms, such as unexplained weight loss, fatigue, mental problems, like irritability, agitation, and/or confusion, and infections, but these are the most common symptoms of hyperglycemia.

Hypoglycemia is when the body has abnormally low amounts of glucose. Hypoglycemia and diabetes are not the same, even though they have similar symptoms and treatments. If the glucose levels in the body become too low, then it could cause pale skin, shakiness, anxiety, sweating, hunger, confusion, blurring vision, seizures, or loss of consciousness. It is uncommon for people without diabetes to have hypoglycemia but may be caused by types of medications, alcohol consumption, illnesses in the liver, kidneys, or stomach, or caused by the overproduction of insulin. Over time, these symptoms may become more severe and cause death. To help prevent hypoglycemia from occurring, eat small meals throughout the day.

Hyperglycemia and hypoglycemia are quite similar in symptoms. Hyperglycemia is when the glucose in the blood is too high. Hypoglycemia is when there is an underproduction of glucose in your blood. They can easily be confused with something that it is not. Diabetes is one of the things that people think could be the cause of insulin imbalance. However, hypoglycemia is very uncommon in people who do not have diabetes. When hyperglycemia and hypoglycemia get bad enough, it would cause people to pass out, have seizures, or death. If you experience any of the symptoms described here, go to the doctor and get blood work done to identify what is wrong.

Work Cited

“Hyperglycemia (High Blood Glucose).” *American Diabetes Association*, American Diabetes Association, diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hyperglycemia.html.

“Hypoglycemia (Low Blood Glucose).” *American Diabetes Association*, American Diabetes Association, www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html.