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Hypoglycemia - Treatment and complications

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Abstract

Hypoglycemia is a reduction in plasma glucose concentration to such an extent that it induces altered mental status along with sympathetic stimulation. Hypoglycemia occurs frequently in people with Diabetes Mellitus Type 1 and Type 2 who are treated with insulin or drugs that cause release of insulin from the pancreas, other non diabetic causes include Glycogen storage diseases and other inherited liver enzyme deficiencies, medications such as Quinine,Salicylates and Sulfa drugs, Excessive alcohol consumption and Insulinomas .Tight glycemic control is the mainstay of Diabetes management and the risk of hypoglycemia is a major limiting factor in how aggressively one can achieve that . Patients who have experienced hypoglycemia target a higher glucose level out of fear, especially during the night. All of this result in loss of glycemic control and eventually the long-term complications associated with Diabetes. Hypoglycemia is associated with a high cost for the patient and the health care system. Acute complications of hypoglycemia include seizure, Loss of consciousness, coma, and death. Prolonged hypoglycemia can result in permanent neurologic deficit. In critically ill patients, hypoglycemia was found to be an independent risk factor for death, cardiovascular death, and infectious disease related death [1]. There is a significant association between patient mortality and the severity of hypoglycemia [1]. The mainstay of therapy for hypoglycemia is glucose and any underlying causes must be treated accordingly.

Biography

Dr Eshan Labroo is a young aspiring physician who studied and trained in Bangalore, India and is now interested in pursuing his dream of medical residency in the United States of America. He is very passionate about bedside clinical medicine and teaching the next generation of medical professionals.