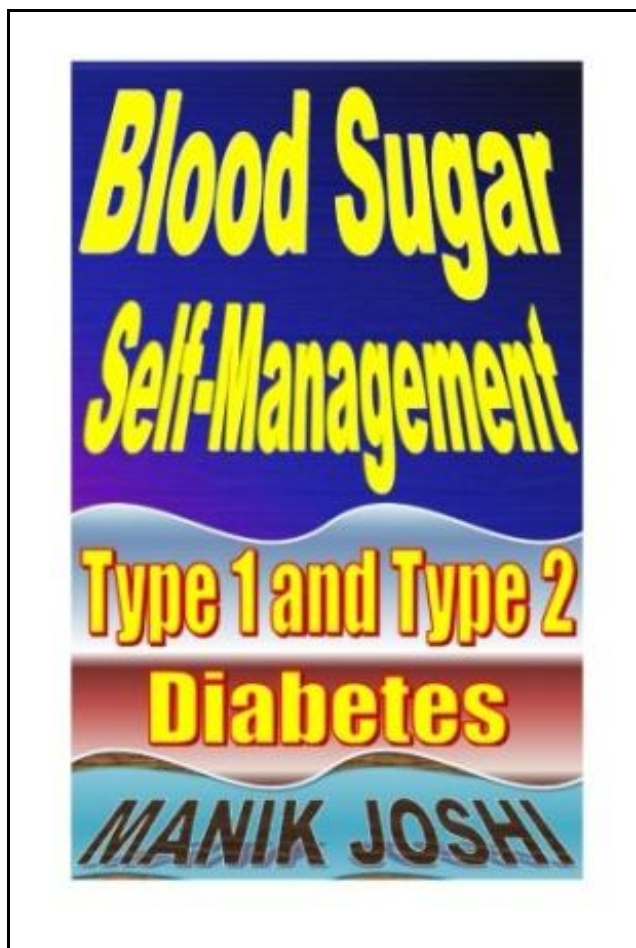


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(Prof. Jean Dare)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What is Blood Sugar? - The blood sugar (glucose) level is the amount of sugar (glucose) present in the blood of human or animals. When blood sugar (glucose) level rises too high, it s called hyperglycemia. When blood sugar (glucose) level drops too low, it s called hypoglycemia. Basic Facts about Blood Sugar (Glucose) and Insulin: --Glucose (a simple sugar) is the primary source of energy for the cells of the body. Glucose comes from the foods (carbohydrates) we eat. Body converts the carbohydrates into sugar. It is also formed and stored inside the body. After meals, adequate quantity of insulin hormone is automatically released by pancreas. Blood carries the glucose from the intestines or liver to body cells. Insulin makes it possible for cells to take in the glucose from blood. In other words, insulin helps absorption of glucose by cells. Level of blood sugar starts dropping soon after it starts entering the cell. Blood sugar levels fluctuate throughout the day. MEASUREMENT OF BLOOD SUGAR 1. milligram/deciliter (mg/dL) -- Blood sugar is measured in milligram/deciliter. 2. millimols/litre (mmol/L) -- Blood sugar is also measured in millimols/litre (mmol/L). millimols/litre (mmol/L) is also called milimolars (mM) Note: 1mmol/L is equivalent to 18 mg/dL. 3. DCCT HbA1c () -- Blood sugar levels over the last 3 months are measured through an A1C test. Finding is represented as a percentage. The range may fall in between 4-15 . Red blood cells in our body may last up to 3 months (or 12 weeks) before getting regenerated. Therefore, average of glycated hemoglobin in blood over 3 months is taken for discerning the average blood glucose level. DCCT stands for Diabetes Control...



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