

Blood sugar

Hypoglycemia is used in physiological terminology on an incorrect basis in physiology, the term means glucose in the blood. Any other sugars are included, sometimes having more than the effect values, but glucose alone controls the signals of metabolic regulation. Molecular weight of glucose, $C_6H_{12}O_6$. Some other sugars are rather lazy. Glucose travels through the bloodstream from the liver or intestines to the cells of the body, and is the main source of energy for the cells of the body.

Blood sugar concentration, or glucose level, is perfectly regulated in the human body. Normally, the blood glucose level is between 4.4 to 6.1 mmol/L (79 to 110 mg/dL). The normal level of glucose in the blood is around 90 milligrams/100 milliliters. The total circulating glucose in the blood is about 3.3 and 7 grams (according to 5 liters of blood for adults weighing 70 kg). The glucose level rises a few grams after meals for an hour or two, and the glucose level is usually lower in the morning, before breakfast.

The normal level of sugar in the blood of a person is as follows:

Before breakfast: 70–99 mg/dl, equivalent to 3.9–5.5 mmol/l

After eating a starchy food:

At most 160 mg/dl, so 8.9 mmol/l
Less than 140 mg/dl after two hours, so 7.8 mmol

How do you measure your blood sugar?

Measuring blood sugar requires the use of a glucose meter. This device measures the amount of sugar in a small sample of blood, usually taken from the tip of your finger, that you place on a single-use measuring tape. Even if you use a CGM, you'll need a blood glucose meter to calibrate your CGM daily.

How does insulin work? How does insulin work?

Insulin is a hormone that comes from a gland located behind and under the stomach (the pancreas).

The pancreas secretes insulin into the bloodstream.

Insulin travels with your circulation, allowing sugar to enter your cells. Insulin travels with your circulation, allowing sugar to enter your cells.

Insulin lowers the amount of sugar in your bloodstream.

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