

JIM C – HEALTH TERMS

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HOW DID THE TERM “*HYPER/HYPO GLYCEMIA*” ORIGINATE?

Definition: The technical term for high/low blood glucose (sugar). High/low blood glucose happens when the body has too little/too much insulin or when the body can't use insulin properly.

Online Etymology: 1894, Latinized form of Greek elements hyper- "over" / hypo- "under" + *glykys* "sweet" + *haima* "blood".

Glycemia fluctuates physiologically within a narrow range.

- **70-100 mg/dl: Normal**
- **101-125 mg/dl: Impaired fasting glucose**
- **126 mg/dl and above: Risk of diabetes**

Excessively high levels (e.g., 250 mg/dl or more) are classed as hyperglycemia, which has the following symptoms: high blood glucose, high levels of sugar in the urine, and increased thirst.

Excessively low levels (e.g. a fasting glycemia below 70 mg/dl) are classed as hypoglycemia, which has the following symptoms: sweating, tremors, anxiety, hunger, dizziness, headache, cloudy vision, abnormal behavior, and convulsions.

C. W.: Glycemia = Concentration of glucose in the blood.

Moment of Zen: Unless monitored, sugar (glucose) can be a beast