

# HYPOGLYCEMIA QUESTIONNAIRE

This condition affects about 4% of the population. It is a reactive condition occurring in response to sugar or sweet food consumption. It is *not* rare! This is *not* diabetes!

Hypoglycemia means ‘low blood sugar level’. The term is used to describe a metabolic disorder that may manifest in a variety of physical and psychological symptoms. Try doing the following questionnaire:

	Never	Rarely	Occasionally	Usually
1. I get tired or exhausted.				
2. I forget things easily.				
3. I feel sleepy during the day.				
4. I get down or depressed.				
5. I get down over nothing.				
6. I have trouble concentrating.				
7. I get nervous or shaky.				
8. I easily get angry.				
9. I eat or crave sweets, or once used to.				
10. I awaken during the night.				
<b>TOTAL:</b>				

## SCORING

Total the number of ticks in each column for RARELY, OCCASIONALLY, and USUALLY and then calculate as follows:-

RARELY (Total) x 1 = \_\_\_\_\_

OCCASIONALLY: (Total) x 2 = \_\_\_\_\_

USUALLY: (Total) x 3 = \_\_\_\_\_

Add together for TOTAL SCORE = \_\_\_\_\_

If your TOTAL SCORE IS:

Less than 8: Hypoglycemic disease is unlikely

Between 8 to 15: Hypoglycemic disease is possible.

**Above 15: Hypoglycemic disease is present.**

If you have scored above 15 please turn over the page for *what to do next*

# Hypoglycemic Health Assoc. of Australia

PO Box 394 Kogarah NSW 2217 Working to Prevent Diabetes

This Questionnaire has been provided by the Hypoglycemic Health Association of Australia in order to help health professionals and sufferers identify, diagnose and treat this condition.

Hypoglycemia affects 4% of the population. It often runs in families and can lead to Type 2 Diabetes (Maturity Onset).

Ask your doctor to order the correct Pathology Test for this condition **GTT – 4 hrs with all ½ hourly readings**, not the 2 hour GTT used to diagnose Diabetes.

To interpret your result check our website **www.hypoglycemia.asn.au** and click articles and click *Testing for Hypoglycemia and how your doctor can help*.

As with global warming, some health professionals are what we call **Hypoglycemic Deniers**. Most doctors have little or no experience in treating this condition. Ask your doctor this “How would you feel if your blood sugar was 2.4?” The correct answer is awful *because below 3.4mm/l the brain is starving for fuel*. You feel rotten! **This is not a rare condition**. Under normal circumstances the brain relies on blood glucose as its only fuel!

Our website has many useful articles, newsletters and book recommendations as well as joining up information.

**Did you know** diagnosing Hypoglycemia and treating it correctly would save the community *millions* in schooling, alcohol and drug abuse, psychology and psychiatry and medicine in particular by preventing diabetes.

## 1. MAJOR CLUES ON DIET AND MANAGEMENT

1. Avoid sugar and sweet foods strictly
2. Have a quality protein breakfast every morning eg: 2 eggs, rissoles, mince, chicken, fish – fresh or tinned, 2 chops, 80 grams minimum serve.

Best of luck in your quest for good health.

## 2. USEFUL SUPPLEMENTS – B Complex, Zinc, Chromium and Vitamin C

Ask your friendly Chemist or Health Food Store.