

# 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!

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:

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 Association of Australia** – working to  
 prevent Diabetes

# Hypoglycemic Health Assoc. of Australia

PO Box 394 Kogarah NSW 2217 **Working to Prevent Diabetes**

This Questionnaire has been provided by the Hypoglycemic HHA 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](http://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.