Reactive hypoglycemia: effectiveness of dietary regimen in a Tunisian population

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INTRODUCTION
Reactive hypoglycemia (RH) is characterized by postprandial hypoglycemic disorder aggravated by the ingestion of high glycaemic index (GI) foods. The aim of this study was to evaluate the effectiveness of dietary regimen recommended for patients with RH.

METHODS
- Interventional prospective study.
- Included 20 patients consulted with symptoms suggesting RH, duration of monitoring was one month.
- Department of Endocrinology and Metabolism, National Institute of Nutrition, Tunis, Tunisia.
- Data had been collected by a spontaneous dietary survey and a questionnaire.
- Data entry was made by the Excel and analyzed by SPSS statistical software 16 and 19 and the food BILNUT investigation software.

RESULTS
Distribution of patients according sex
Male 35%
Female 65%

Distribution of patients according age
The mean age was 45.4 ± 14 years

Patients distribution by level of education
Not educated 10%
Primary education 10%
Secondary education 55%
Higher education 25%

Patients distribution by social status
Single 20%
Married 65%
Widower 15%

Patients distribution by Family Hx of diabetes

Patients distribution by BMI
- Underweight
- Normal
- Overweight
- Obese

- Caloric intake has been decreased from mean 2910.6 to 2717.1 Kcal / day.
- Carbohydrate intake of 396.3 (± 213.7) to 314.5 (± 102.3) g / day.
- Protein 90 (± 35.8) and 90.4 (± 21.8) g / day.
- Fibers 20.8 and 30 g / day.
- Lipids 107.3 (± 46.2) and 122 (± 25.1) g / day.

CONCLUSION
- The recommended regimen was effective in reducing episodes and severity of RH. We need other long-term prospective studies to better explain factors involved in this effectiveness.