

Reactive hypoglycemia: effectiveness of dietary regimen in a Tunisian population

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INTRODUCTION

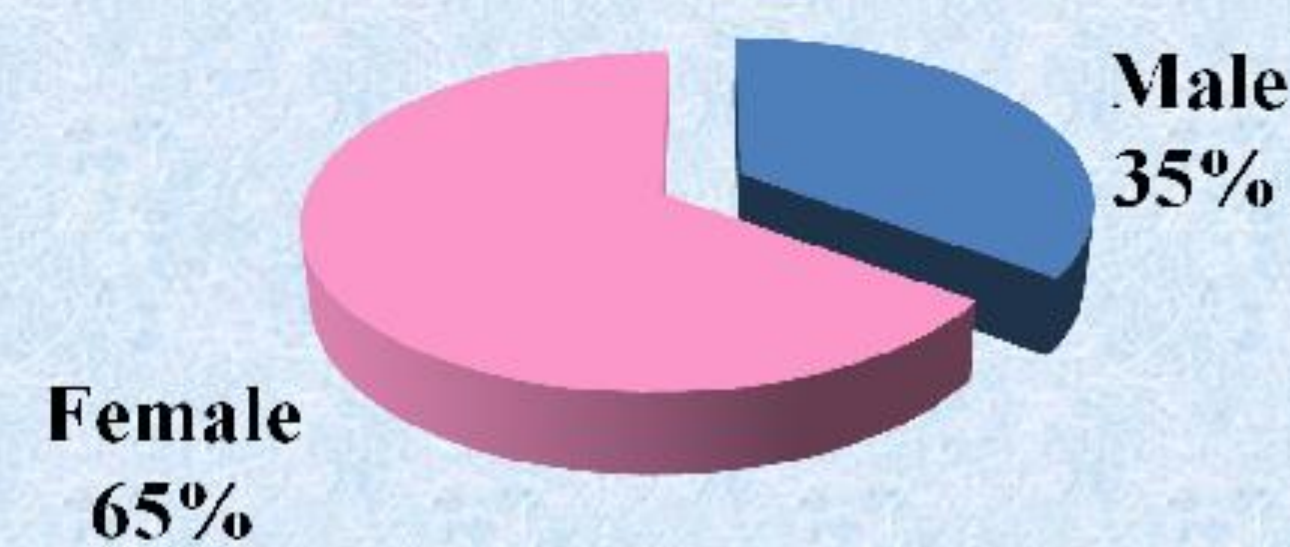
Reactive hypoglycemia (RH) is characterized by postprandial hypoglycemic disorder aggravated by the ingestion of high glycaemic index (GI) foods. The aim of this study was to evaluate the effectiveness of dietary regimen recommended for patients with RH.

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

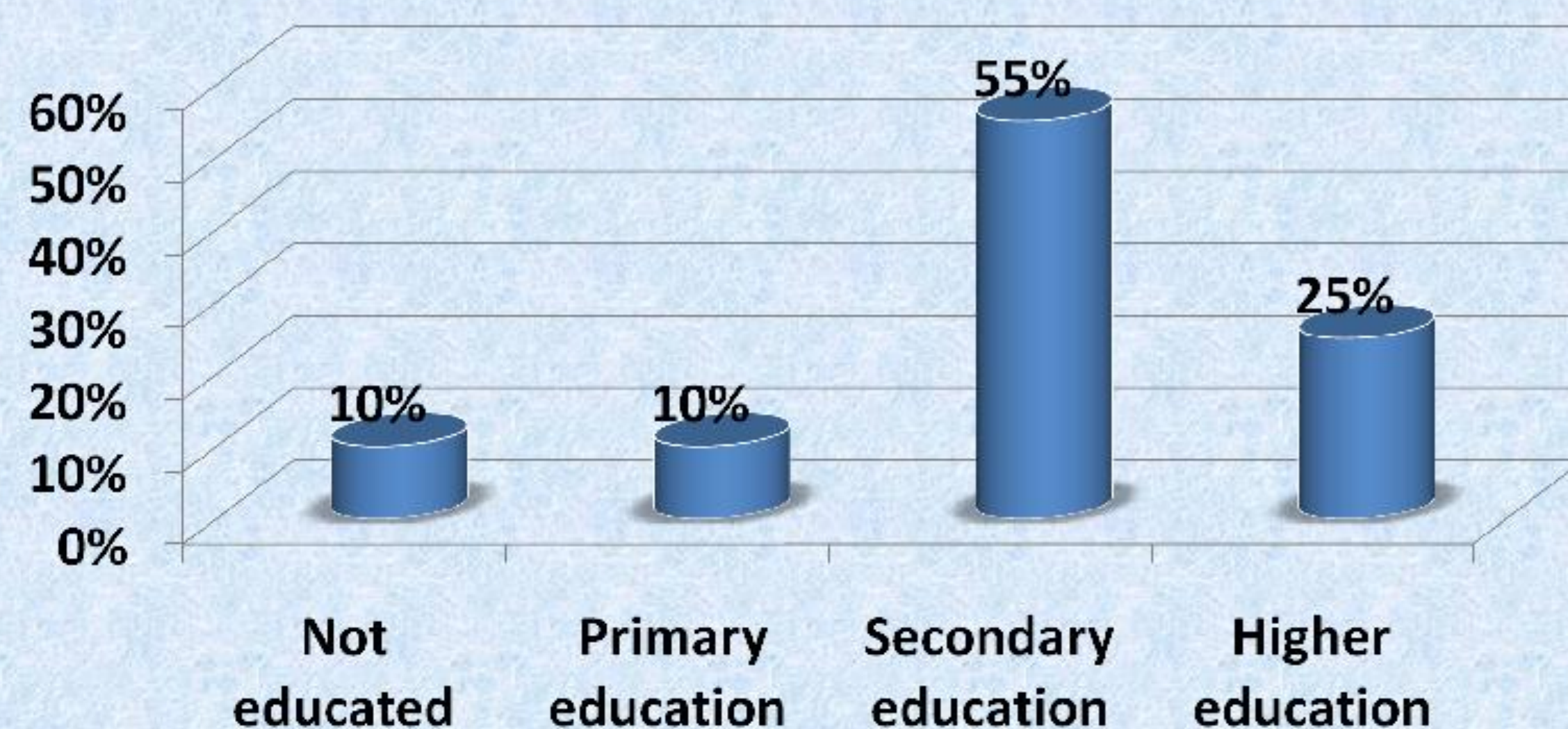
Distribution of patients according sex



Distribution of patients according age

The mean age was 45.4 ± 14 years

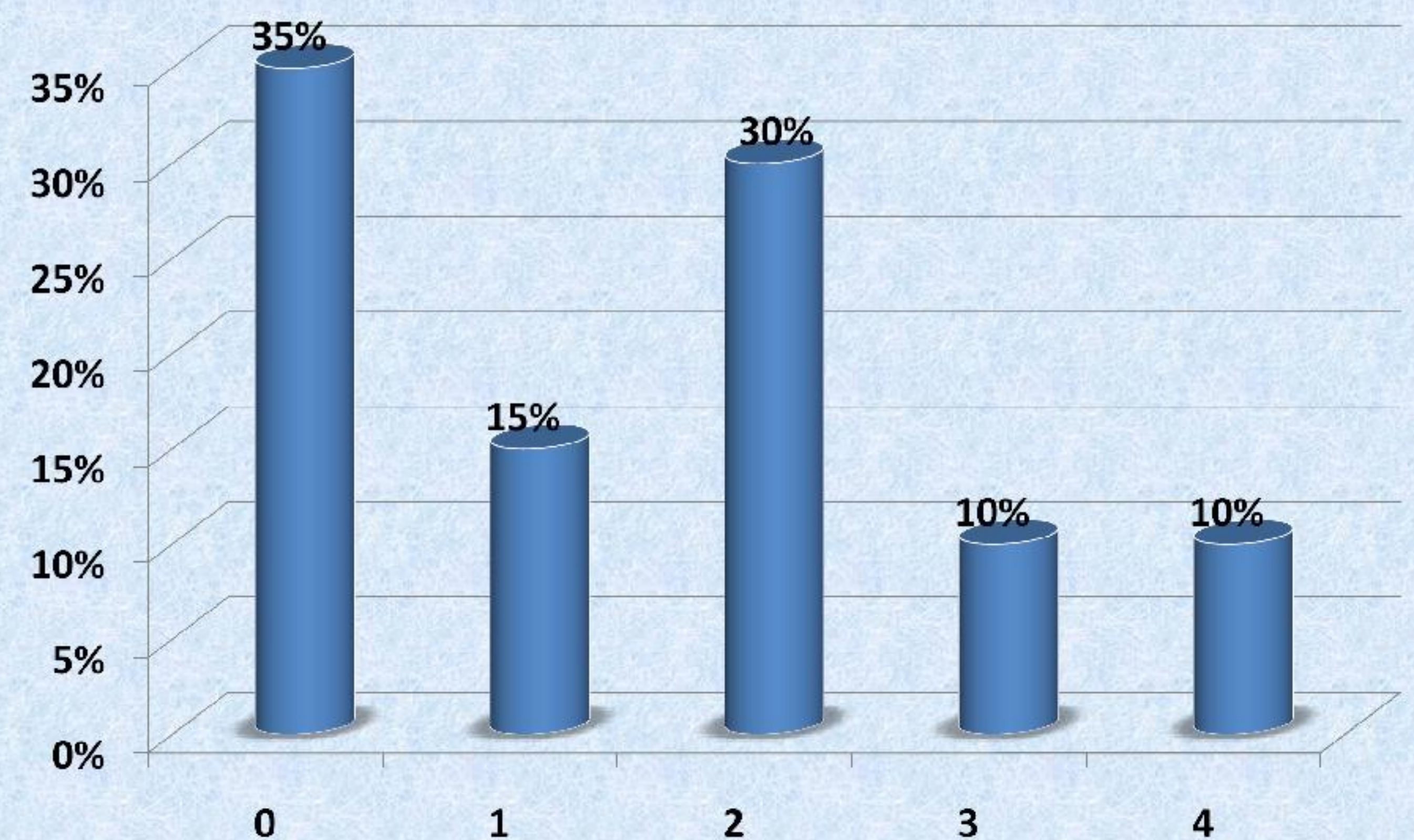
Patients distribution by level of education



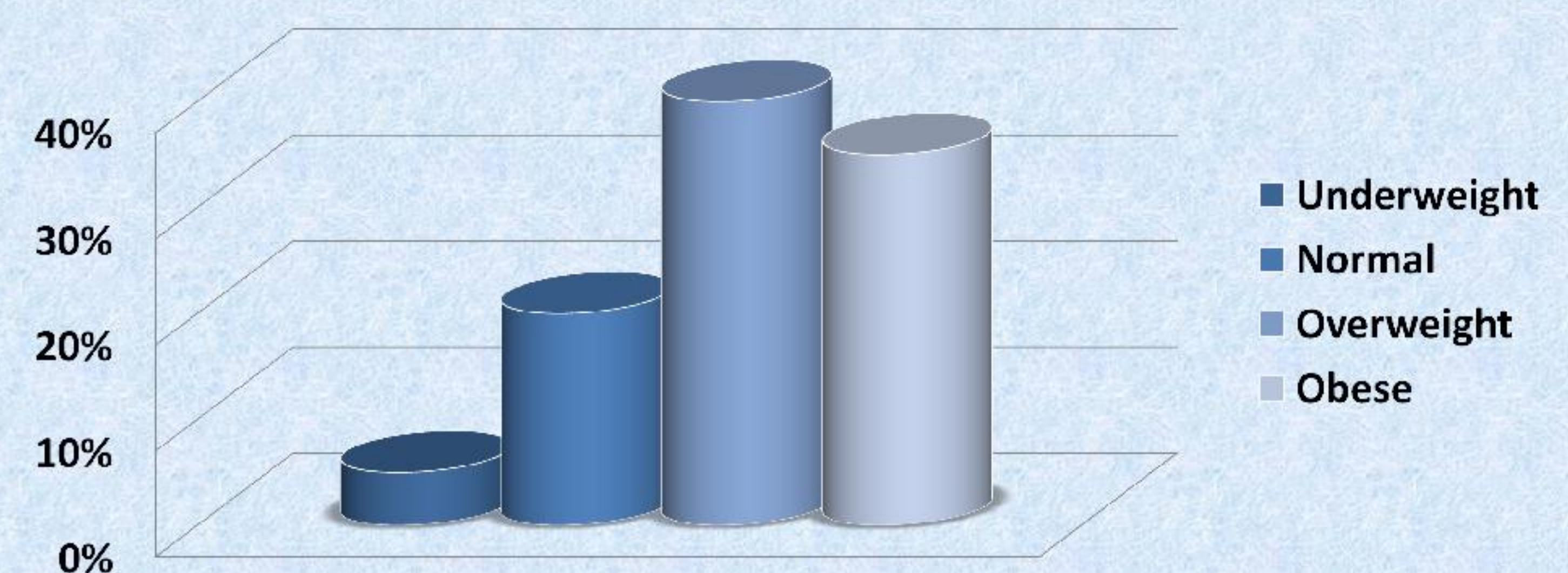
Patients distribution by social status



Patients distribution by Family Hx of diabetes

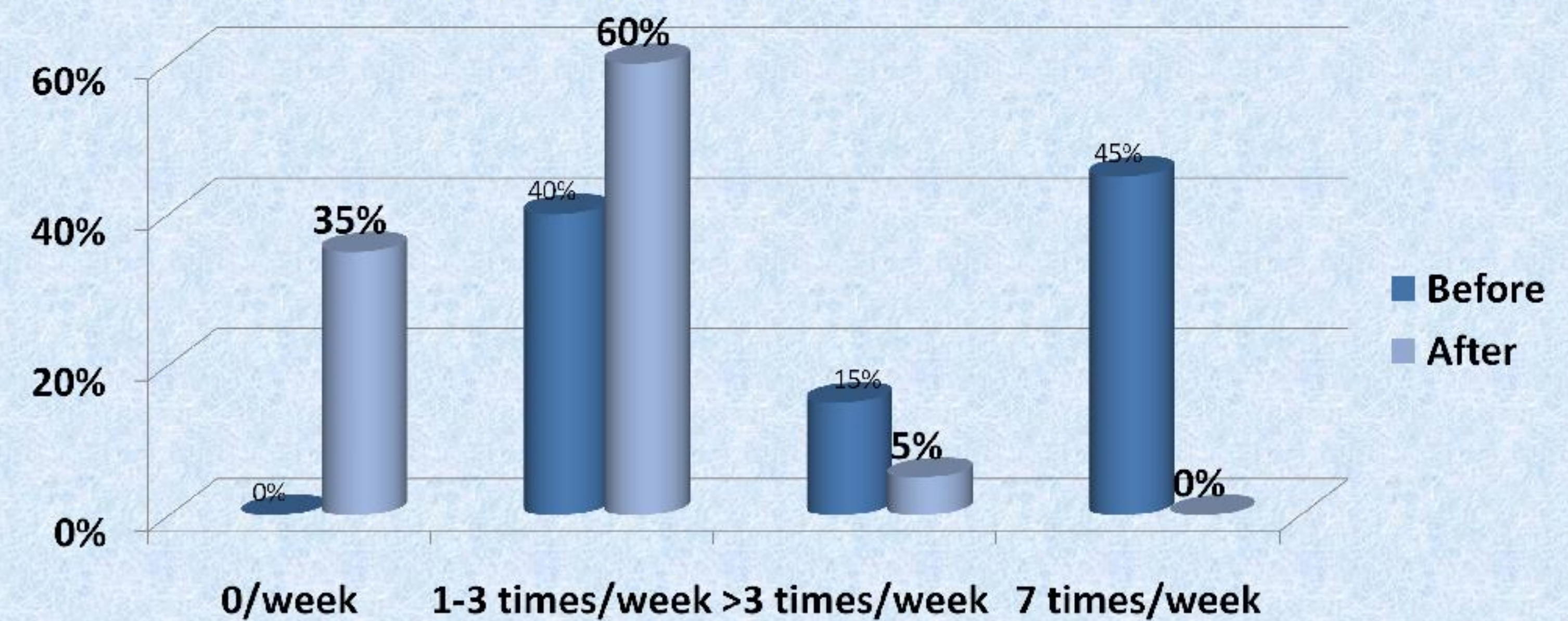


Patients distribution by BMI



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

Patients distribution according to frequency and severity of hypoglycemia before and after dietary regimen



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.

