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A huge problem creates medical terminology when there is no unanimous consent! It turns out that this is a good example: glucose in the blood or glycomia? Cubans are familiar with writing and pronounceing glycomia. However, in other latitudes it is glucose in the blood. When considering the dictionary of the Royal Spanish Academy, it can be verified that the word glycemia is not recorded, and glucemia, with u, under the influence of the word glucose, comes from the French word glucose. So what happened? If you refer to the Pan-Hispanic Dictionary of Doubt, we can find the following: Glucemia. The presence of glucose in the blood : Blood glucose indicators vary and depend on the diet we have (Diet Butter. 1996). In large parts of America, the glycemic variant, closer to French tynglicemia, most: I have glycemics figures within normal ranges (Granma (Cuba) 8.97). and we might even take into account that in English it is written as glycemia. But we can also refer that it may be a word that has reached our modern language without going through the normal phonetic transformation of popular voices (cultism). As mentioned above, the French have created a word glucose to refer to simple grape sugar. If we follow the etymological tradition of the root in the Latin version, we say gli- although if we refer to the original Greek language, the form of gli-. Anyway ... and in order not to create more doubt, it seems good in both directions. The bibliography of the Royal Spanish Academy. Pan-Hispanic Dictionary of Doubt (Internet); First edition, October 2005, Received: May 24, 2011. . Royal Spanish Academy. Spanish Dictionary (Internet); 2nd edition, 2001, Access: May 24, 2011. . Tags: Language I want to share with you curiosity ... We've heard both terms, and they're the same. We've heard them so many times, but I'd like to know how to properly put it, gli or glitch? According to the Royal Academy Dictionary, the correct word is glycemia, because glycoemia does not exist and is very logical because it comes from glucose. Here in Venezuela you tend to speak or write glycoemia... hypoglycemia, hyperglycemia, hyperglycemia, glycemic index and so on. Now, looking at the dictionary, it also refers to the arrival of French glyceme. Perhaps from there, it will explain why it is also called that. It is that glycoemia is the amount of glucose contained in the blood. It is expressed in grams per liter of blood. Glucose is indispensable for glucose and for the proper functioning of the body, as it is the main energy base of the body. It happens that part of the glucose in the blood turns into glycogen, which is stored in the liver and mobilized at any time to compensate for too low glucose (hypoglycemia). All these complex mechanisms are regulated by several hormones, including insulin. It is the main hormone, and its function is to reduce glycoemia by

different mechanisms when it is too high. This hormone is measured in a blood test for fasting and its normal values are between 0.70 and 1.10 g/l. Hypoglycemia is spoken below these values and hyperglycemia when higher. If the value is between 1.1 and 1.26, a glucose intolerance problem is suspected. If it is more than 1.26 after additional diabetes control is listed. Give him what you can do! Glycemic or glycomia. The amount of glucose contained in the blood; usually expressed in grams per liter of blood. The term comes from French glyceme and was proposed by physiologist Claude Bernard, so it sometimes translates as glycemics, although the term is not registered by the Royal Spanish Academy (RAE). The value of blood glucose varies depending on the foods that a person has swallowed. Normal glucose values are between 0.70 and 1.10 g/l, so hypoglycemia suggests when values are below them and hyperglycemia when higher. If the value is between 1.1 and 1.26 the glucose intolerance problem is suspected, and if it is more than 1.26, after additional diabetes control say, the pathology is due to a problem with insulin levels. Blood glucose can be measured from venous blood or capillary blood tests, the latter is made by a small injection on the finger and is called capillary glucose in the blood or dextrose. Both tests should be fasting. Capillary glucose in the blood Mandatory material: Glucometer (measuring apparatus). Lancets to prick your finger. Test strips suitable for the counter. Cotton. Technique for the test: Insert the test strip into the glucometer until it is compare. Load the prick, select your finger, prick and squeeze your finger from top to its base to draw a good drop of blood. Touch the strip drop and wait for it to absorb the required amount of blood. Write down the result in a control notebook. Remove and discard the strip. Glicemia Sources - Or that he, the symptoms and treaties that everyone should know, pois, Alem Glucose in the blood is the concentration of glucose in the blood or, more precisely, in plasma. Our body turns some carbohydrates into glucose and glycemia glucose levels are present in our blood. And it is directly related to insulin produced by the pancreas, due to the amount of carbohydrates swallowed during the day. What is high glucose or high blood glucose levels? Much is said about high glucose levels or high blood glucose levels, but in the end, what does that mean? Glucose is a sugar found in grapes, other sweet fruits, honey (next to levulose), blood, juice of some vegetables, etc. Glycemia is the amount of glucose present in our blood. Glucose is a type of carbohydrate derived through digestion and food absorption. Carbohydrates of sugar are present in most foods, not just in sugary foods, and are the main source of energy for our body's cells. Bread, salty cookies and pasta are examples of foods rich in carbohydrates that are not sweet and that increase blood glucose. When there is glycemia, some common symptoms may appear, such as: Mental confusion Abnormal behavior Indifficully in performing simple activities and performing routine tasks It can also be that other symptoms appear, even if they are much less common, such as convulsions, loss of consciousness and coma. Symptoms such as palpitations, tremors, anxiety, cold sweats, excessive hunger and tingling around the mouth can also be caused by blood glucose. But beware: these are not exclusive symptoms of this disorder. A specific blood test is recommended to find out if the cause is actually glycemia or not. Blood glucose treatment: For the treatment of glycemia, two types of treatment are required: initial and immediate. This helps to increase blood glucose levels and in identifying a condition that causes blood glucose in order to treat it so that it does not reincident. Initial treatment depends primarily on the symptoms presented. Simpler signs of the disease can be treated by consuming sugar such as sweets and fruit juices. However, if the symptoms are more severe, the patient may require glucagon or intravenous glucose injections, as well as changes in diet and exercise. Preventing the recurrence of glucose in the blood requires further measures. If the medication is the cause of blood glucose, the doctor may suggest re-mesmerizing it to another. Now, if the cause is a tumor in the pancreas, treatment is done by surgery. Possible complications: Ignoring the symptoms of glycemia such as loss of consciousness. This is because the brain needs glucose to function properly. Glucose in the blood can lead to other complications such as convulsions, coma and even death. Prevention: When blood glucose is triggered for many hours without eating, a person should eat, foods that increase glucose, such as a glass of juice, a piece of chocolate or even a glass of water with sugar. For those who tend to fasting glucose, it is right not to stop eating 3 to 3 hours. In the case of post-prandial or reactive glycemia, the exchange of foods with high glycemic doses, such as sugar, pasta and cakes, for low-glycemic and fiber-rich carbohydrates that reduce the rate of insulin release in the body, such as vegetables and vegetables, whole grains and legumes (beans, peas, soybeans, lentils), are the best yield. It is also good to cut the juices and sweets, reduce the intervals between meals, so that he eats every three hours and eat well before exercising. Page 2 Glycemia - What is it, the symptoms and treatments that everyone should know, because, in addition, glycemia is the concentration of glucose in the blood or, more precisely, in plasma. Our body turns some carbohydrates into glucose and glycemia glucose levels are present in our blood. And it is directly related to insulin produced by the pancreas, due to the amount of carbohydrates swallowed during the day. What is high glucose or high blood glucose levels? Much is said about high glucose levels or high blood glucose levels, but in the end, what does that mean? Glucose is a sugar found in grapes, other sweet fruits, honey (next to levulose), blood, juice of some vegetables, etc. Glycemia is the amount of glucose present in our blood. Glucose is a type of carbohydrate derived through digestion and food absorption. Carbohydrates of sugar are present in most foods, not just in sugary foods, and are the main source of energy for our body's cells. Bread, spicy cookies and pasta are examples of carbohydrate-rich foods that are not sweet and that raise blood glucose levels. Symptoms of glycemia: The human body needs a certain amount of sugar to function properly. When there is glycemia, some common symptoms may appear, such as: Mental confusion Abnormal behavior Difficulty in performing simple activities and performing routine tasks it may also be that other symptoms appear, even if they are much less common, such as seizures, loss of consciousness and coma. Symptoms such as palpitations, tremors, anxiety, cold sweats, excessive hunger and tingling around it can also be caused by glucose in the blood. But beware: these are not exclusive symptoms of this disorder. A specific blood test is recommended to find out if the cause is actually glycemia or not. Blood glucose treatment: For the treatment of glycemia, two types of treatment are required: initial and immediate. This helps to increase blood glucose levels and in identifying a condition that causes blood glucose in order to treat it so that it does not reincident. Initial treatment depends primarily on the symptoms presented. 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