

Your dosage of insulin must be regulated

DR. GOTT



PETER GOTT, M.D.

DEAR DR. GOTT: I was on insulin in the past, and it made me drowsy and weak to the point I could not walk. I'm on it again and have the same symptoms. Are there people who cannot tolerate insulin?

DEAR READER: No. Insulin is normally produced in the body and, in the proper quantity, does not result in intolerance. More likely, you are receiving an improper dose. It's often difficult to determine how much insulin a diabetic needs to take. Too little

is ineffective, allowing the blood sugar to rise to unacceptably high levels. Too much insulin lowers the blood sugar, leading to weakness, faintness and sleepiness.

I believe your dose of insulin requires adjustment. This is easy to check. During one of your "spells" after taking insulin, obtain a blood-glucose reading at your local hospital or in your doctor's office. If the sugar level is low — below 50 milligrams per deciliter — you'll need either a reduction in the dose or a change in the type of insulin.

For example, long-acting insulin preparations may cause "tea-time hypoglycemia," a low blood sugar late in the afternoon, even when the sugar level has been normal all day. Reducing the long-acting product and adding short-acting, regular insulin solves the problem.

You should bring your symptoms to your doctor's attention. This is impor-

tant. He or she needs to know how you feel, so that your insulin doses can be tailored to your particular requirements.

To give you more information, I am sending you a free copy of my Health Report "Diabetes Mellitus." Other readers who would like a copy should send \$1.25 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: Lab work indicates my pituitary gland is not functioning. What medicine and treatment is necessary to activate the gland?

DEAR READER: The pituitary gland, situated deep in the brain, helps regulate many of the body's most important functions. The posterior (back) portion of the gland secretes anti-diuretic hormone (promotes conservation of water by the kidneys) and oxytocin (necessary for normal reproductive functioning in women).

The anterior (front) pituitary secretes thyroid-stimulating hormone (controls the thyroid gland), prolactin (necessary for lactation), leutinizing hormone and follicle-stimulating hormone (both vital for female reproduction), growth hormone (stimulates normal development), and adrenocor-

DEAR DR. GOTT: My doctor has diagnosed me with fibromyositis and prescribed amitriptyline that causes bad side effects. He says this is the only treatment known. Do you have any ideas? Every muscle in my body aches, my eyeballs hurt, and I have consistent pain between my shoulder blades. I feel lousy.

DEAR READER: Fibromyositis, properly termed "fibromyalgia," is an affliction of unknown cause marked by pain and stiffness of muscles and surrounding soft tissues. Because it is primarily a disease of otherwise-healthy young adults who tend to be anxious, depressed and competi-

live, many doctors treat it with anti-depressant drugs, such as amitriptyline.

Also, fibromyalgia may be related to emotional or environmental stress, particularly if occupational or recreational muscle strain is present. The disease is characterized by tender "trigger points" in muscles.

Treatment usually consists of supportive measures: reassurance that the discomfort is not serious, coupled with stretching exercises, the application of heat, massage and improved sleep. Aspirin and aspirin-like drugs, such as ibuprofen, are often helpful.

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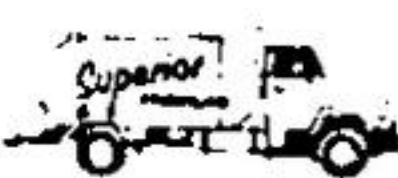
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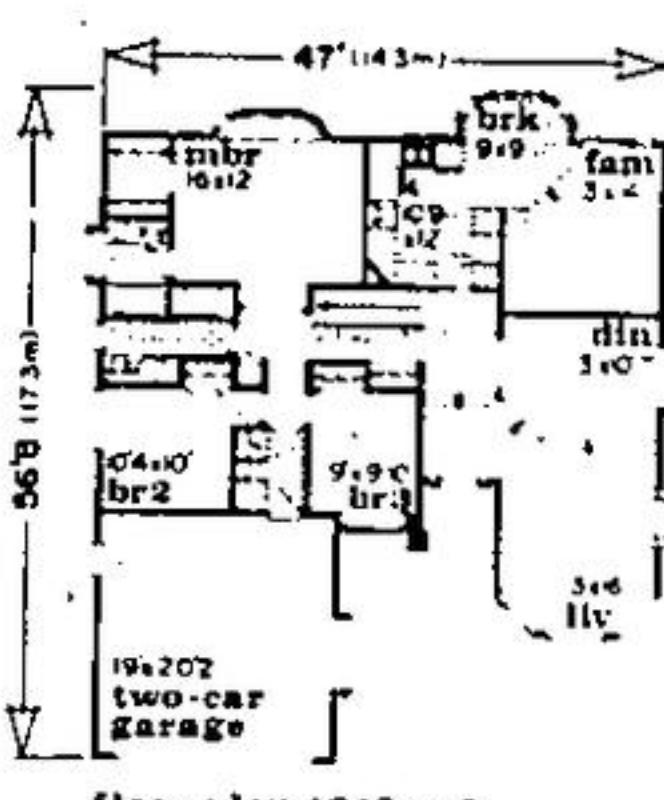
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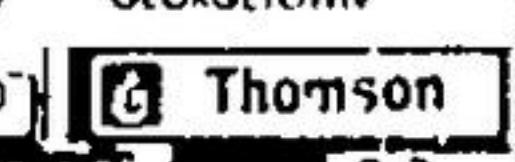
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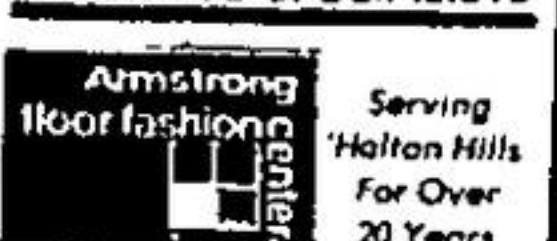
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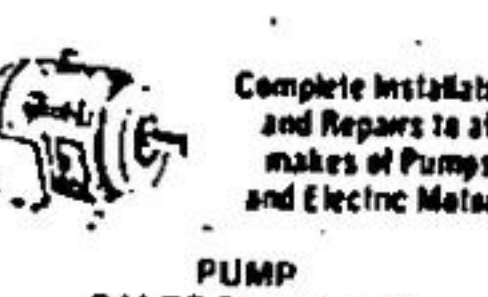


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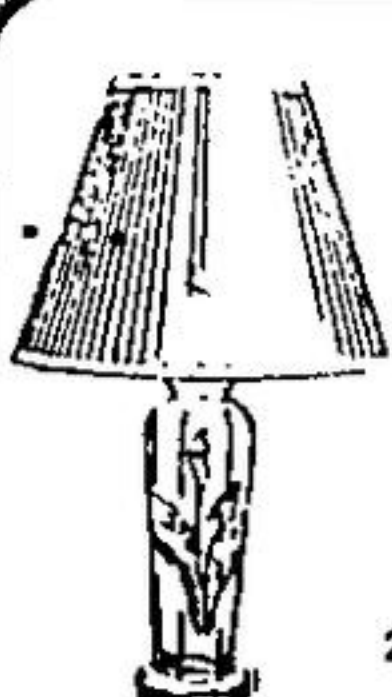
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