

REACTIVE / FUNCTIONAL HYPOGLYCEMIA QUIZ

Reactive / Functional Hypoglycemia: Do You Have It?

The quiz is NOT intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or other qualified health provider with any questions you may have regarding hypoglycemia or any other medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. Hopefully, what you learn here can help you realize potential symptoms of hypoglycemia and prepare you for a more informed discussion with a qualified healthcare provider.

If you have the condition provided in the spaces provided below, please score:

(1) if mild (2) if moderate (3) if severe

If you do not have the condition, leave it blank.

The accuracy of this questionnaire depends upon complete honesty and serious objective thought in answering the questions. (Many of these symptoms may relate to other health problems, for example, if medications are missed or delayed).

DIET-RELATED SYMPTOMS

___ Abnormal craving for sweets, pastries, cake, etc.

___ Crave starches (pasta, potatoes, bread, crackers, white rice, popcorn, etc.)

___ Need coffee/caffeine to start morning

___ Crave coffee / caffeine in afternoons

___ Crave alcohol

___ Drink more than three cups of coffee or cola a day

___ Hungry or feeling faint unless eating frequently

___ Nibbling between meals because of hunger

___ Eating when nervous

___ Feeling faint if meal is delayed

___ Fatigue relieved by eating

___ Irritable before meals, "hangry"

- Getting “shaky” if hungry
- Sleepy after meals
- Symptoms of low blood sugar appear before eating
- Heart palpitations if meals are missed or delayed

MENTAL SYMPTOMS

- Difficulty making decisions, indecisiveness, mental confusion
- Bad dreams, nightmares
- Insomnia
- Unable to work under pressure
- Nervous exhaustion
- Depressed
- Dizziness, giddiness, or lightheadedness
- Anxiety, Fearful, Phobias
- Highly emotional
- Moods of depression, “blues” or melancholy
- Poor concentration, focus
- Forgetfulness, poor memory or ability to concentrate
- Rages or violence
- Reduced initiative
- Worrying, feeling insecure
- Crying spells, crying for no apparent reason
- Hallucinations

PHYSICAL SYMPTOMS

- ___ Frequent Headaches
- ___ Allergies: tendency to asthma, hay fever, skin rash, etc.
- ___ Awaken after a few hours sleep/difficulty getting back to sleep
- ___ Aware of breathing heavily
- ___ Blurred vision
- ___ Brown spots or bronzing of skin
- ___ Indigestion, Nausea, "Butterfly stomach," cramps
- ___ Severe fatigue, exhaustion, feeling tired, lack of energy, weakness
- ___ Convulsions
- ___ Hand tremors (or trembles)
- ___ Inward trembling
- ___ Drowsy during the day
- ___ Dizziness, fainting spells
- ___ Night sweats, cold sweats
- ___ Lack of sexual energy

___ **TOTAL SCORE**

Add the total of all answers.

A total score of less than (20) twenty may indicate you are within normal limits.

A higher score may be evidence of metabolic derangement and that reactive / functional hypoglycemia may be affecting you, indicating a need for examination by qualified medical personnel.

Correlating these symptoms with a diet-symptom diary may be a valuable next step in understanding what is driving your symptoms - and may be useful information for your health care provider.