

JOINT EVENT

3rd International Conference on
Forensic Psychology & Criminology

3rd International Congress on
Addictive Behavior and Dual Diagnosis

August 16-17, 2018 | Stockholm, Sweden

The prevalence of reactive hypoglycemia in patients with methamphetamine abuse

Introduction: In the inspection of the patients with methamphetamine abuse, we noticed that they have severe anxiety and insatiable hunger and nightmares. To find the reason, we decided to take the GTT (Glucose tolerance test) for them and we considered hypoglycemia as a factor, may be the reason of this insatiable hunger, anxiety and nightmares.

Method: We visited all patients that referred to “Afarinash” (an addiction clinic in Karaj, Iran). In the first visit, we requested a glucose tolerance test. In this test, we measured fasting blood sugar first, and then we gave them 75 gm of glucose and we measured their blood sugar, in 30 minutes, 60 minutes, 90 minutes and 120 minutes after having the glucose.

Results: Fourteen of volunteers were suitable for this study. All of them were men and the age range were between 25 to 47 years. The average age was 31.21 years old. In five patients out of 14 patients in this study, the serum glucose level dropped below 70 mg/dl during GTT. In four other patients, the serum glucose level was not lower than 70 mg/dl, but it did not rise as we expected it to. This study shows that 35.7% of the patients with methamphetamine abuse suffered such reactive hypoglycemia that could make anxiety, insatiable hunger and nightmares, and 28.57% of them needed protective therapy such as proper nutritional regime. The prevalence of reactive hypoglycemia in this study was 35.7%.

Conclusion: Regarding to the high prevalence of reactive hypoglycemia in patients with methamphetamine abuse, in this field, a case control study is recommended. Regarding to the fact that hypothyroidism can make reactive hypoglycemia and vitB1 and vitB2 deficiency can make glucose metabolism disorder, measurement of thyroid factors as a research (patient study) in the patients with methamphetamine abuse is recommended. Also, measurement of serum vitB1 and B2 as a research (patient study) in patients with methamphetamine abuse is recommended.

Biography

Mahsa Houshdar is a Psychiatrist and Consultant at Ghaem General Hospital from 2011 to present and active in personal office. She has proposed the idea of moving parts of the Medicare workflow online to increase the efficiency of the process. Currently this idea is implemented in the Psychiatry field.

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