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Consequences of fasting blood sugar on noodle delineation

Mehwish Sultana[a], Muhammad Imran Qadir[a]

[a] *Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan*

Abstract

The basic aim of the current study was to relate the blood sugar with the noodle delineation. Glucose is the primary and essential metabolite necessary for the normal functioning of the body. Pancreas is responsible for maintaining the level of glucose or its consolidation in the body. In the body, when the consolidation of glucose is high glycogen is formed. Pancreas secrete insulin when sugar level is high while utilize the glycogen (stored form of glucose) when sugar level declines in body. The normal fasting sugar level is 70mg/dl – 100mg/dl. After eating meal, the maximum sugar level is 170mg/dl–200mg/dl. When the normal functioning of pancreas disrupts it either leads to hyperglycemia (persistently high level of glucose) or diabetic mellitus. The nutritional, renowned, amazing handy meal with lots of flavors and is liked by many cultures is noodles. Noodles provide essential nutrients which fulfill the requirement of the healthy body. First of all, it is boiled then different flavors are added according to the taste of the consumers. Wheat noodles actually formed from wheat with salt added into it then different types of shapes may given to it according to the requirement while rice noodles are formed from extruded rice then steamed may given to it and they are converted into strip shaped noodles. It was closured from the current task that subjects with high blood pressure are noodle depicted while other subjects who have low blood pressure are not much noodle delineated.

Keywords: fasting blood glucose level, noodle delineation, effect of blood glucose on noodle delineation

Introduction

Glucose is the primary and essential metabolite necessary for the normal functioning of the body. Pancreas is responsible for maintaining the level of glucose or its consolidation in the body. The concentration of glucose present in a blood of humans and animals is known as blood sugar level or blood glucose level. The concentration of glucose in blood is checked by pancreas. The high blood glucose level affects the kidney, liver, brain, muscles weakness and heart. The sign of low sugar level is unconsciousness. The level of sugar is low when it is below than 70mg/dL. The low sugar level can be controlled by using insulin. Insulin is produced by our pancreas. When pancreas stops working then we give artificial insulin to the body which is injected from outside the body. When the sugar level is high then the condition is known as hyperglycemia and when the sugar level is low than the normal percentage then the condition is known as hypoglycemia. So that's why it is necessary to keep our blood sugar level normal. The instrument which we use for checking our blood glucose level is known as Glucometer. In the body, when the consolidation of glucose is high glycogen is formed. Pancreas secrete insulin when sugar level is high while utilize the glycogen (stored form of glucose) when sugar level declines in body. The normal fasting sugar level is 70mg/dl – 100mg/dl. After eating meal, the maximum sugar level is 170mg/dl – 200mg/dl. When the normal functioning of pancreas disrupts it either leads to hyperglycemia (persistently high level of glucose) or diabetic mellitus.

The nutritional, renowned, amazing handy meal with lots of flavors and is liked by many cultures is noodles. Noodles

provide essential nutrients which fulfill the requirement of the healthy body. First of all, it is boiled then different flavors are added according to the taste of the consumers. Wheat noodles actually formed from wheat with salt added into it then different types of shapes may given to it according to the requirement while rice noodles are formed from extruded rice then steamed may given to it and they are converted into strip shaped noodles. Some of the types of the noodle dishes are lai fun, mai sin, ho fun, chow fun, kway teow, rice vermicelli, liang pi, bean threads, winter noodles, saang mein, misua, yaka mein, lo mein. (1-2)

The basic aim of the current study was to relate the blood sugar with the noodle delineation.

MATERIALS AND METHODS

150 subjects who participated in the current research work belong to the university of Pakistan i.e Bahauddin Zakariya University, Multan, Pakistan who answered the questionnaire according to their interest and knowledge.

Measurement of blood sugar

Blood glucose level was checked by an instrument known as glucometer. The simplest method to check the blood glucose level was by pricking the forefinger with a pricker then put a drop of blood on the strip. Place the strip into the glucometer. The glucometer than tells the level of glucose in blood. Fasting glucose level was checked early in the morning before breakfast without eating anything.

Project Design

The questionnaire was prepared which was answered by the participants according to their knowledge and interest.

Statistical Analysis

Statistical analysis was performed by SASS i.e Statistical Package of Social Sciences. Student *t*.test was performed to check the probability and consequences of blood pressure on noodle delineation.

RESULT AND DISCUSSIONS

It is determined from the present task that females who were noodle delineated have no impact of blood glucose level on noodle delineation while males whose fasting blood glucose consolidation was high were not much noodle delineated. In short, the subjects having low blood glucose consolidation were noodle delineated while the subjects having high blood glucose consolidation were not much noodle delineated.

Table 01 Consequences of fasting blood glucose level (Mean.± STDEV) on noodle Delineation

	Noodle delineation	**Non.noodle delineation**
Girls	91.71.±8.9	91.91.±6.38
Boys	94.62.±7.55	107.62.±31.67
Total subjects	92.52.±8.65	98.2.±21.35

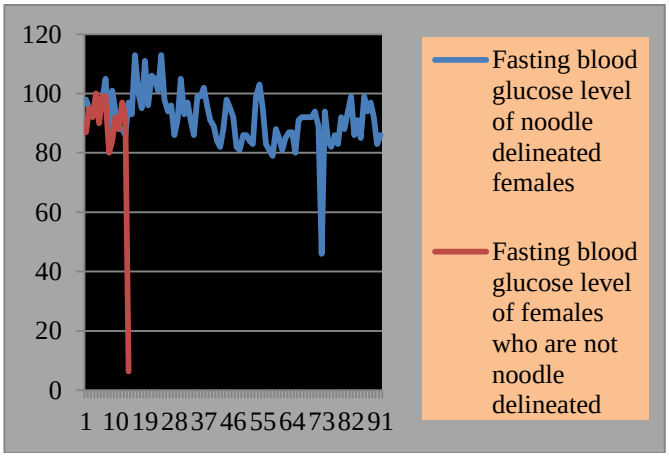

Figure 01 Consequences of fasting blood sugar of females on noodle delineation

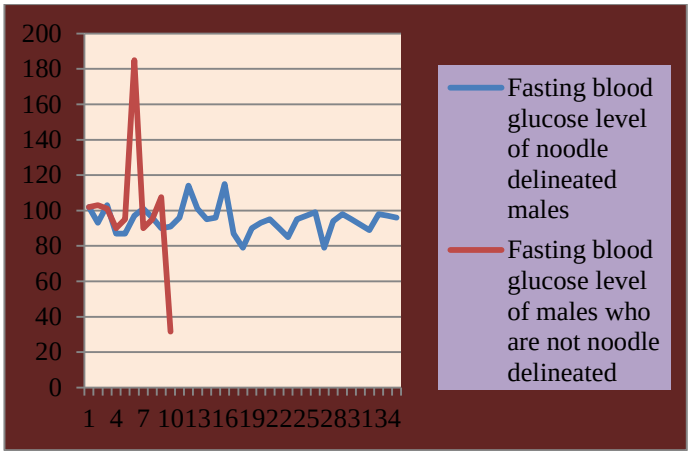

Figure02 Consequences of fasting blood sugar of males on noodle delineation

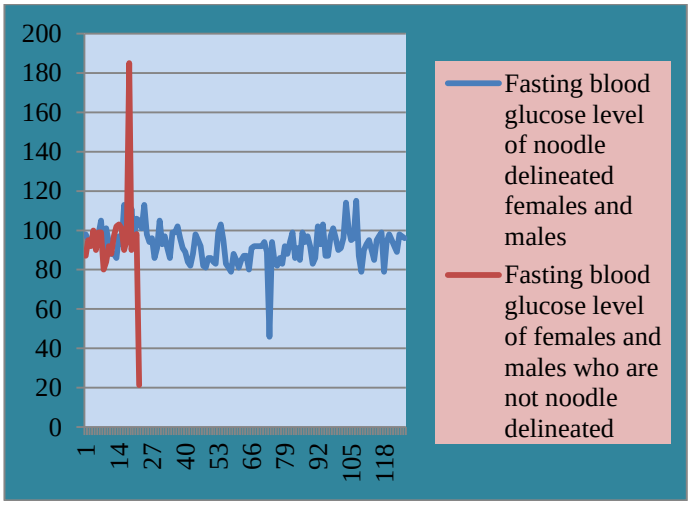

Figure 03 Consequences of fasting blood sugar on noodle delineation

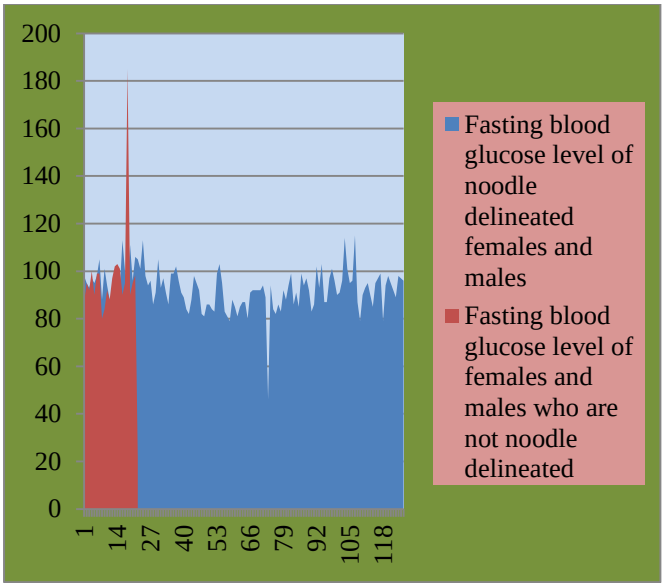

Figure 04Consequences of fasting blood sugar on noodle delineation

The questionnaire based study has given significant outcomes. (3-10) Han reported that this meta-analysis provides evidence for the hypothesis that fasting blood glucose is significantly associated with increased risk of liver cancer, and this association is dose-dependent. The combined result of increased liver cancer risk begins to be significant as blood glucose concentration is above approximately 6.50 mmol/L (117 mg/dL). Considering the rapidly increasing prevalence of prediabetes and diabetes, controlling blood glucose may lower the risk of liver cancer. (11) Reynolds reported that glycated albumin in circulation is not related to postprandial blood glucose response in young euglycemic adults. Glycated albumin is lower in euglycemic adults with higher BMI values. Contrary to research with older adults or those with impaired glucose control, glycated albumin did not correlate to CRP. (12)

Conclusion

Blood glucose consolidation has no impact on noodle delineation in females while males having high blood glucose consolidation were not much noodle delineated. In short, the subjects having low blood glucose consolidation were noodle delineated while the subjects having high blood glucose consolidation were not much noodle delineated.

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