

FISH LIKELINESS AS EATING CORRESPONDING WITH BLOOD GLUCOSE LEVEL

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ABSTRACT

The objective of current study was to correlate fish likeliness as eating with blood sugar level . The method which we have used here for the measurement of blood glucose level is by fingertip and this test is called the sugar test. The process which is recommended for the measurement of sugar level in our blood is called sugar test. This test is used to identify the diabetes and the non-diabetic people can also use this test to know about their blood glucose level so that they can live a normal healthy life. The most important thing that the sugar test tells us is that how to maintain our diet and exercise routines. And the conditions and treatment management of diabetic persons. For this test we have to fast about 12 hours and minimum 8 hours . The old method which were used are laboratory methods and were time consuming but the the most common and easy method and which we have use here is by fingertip in which a small needle whose medical name is lancet is inserted into our vein and a drop of blood is removed on the strip and this strip goes to a meter which shoes the blood glucose concentration in just 15 seconds. The sugar test meter are easily available in our local pharmacy with strips. That is why we also called this home test. One thing that must be cared in this test that the strip must be changed for every person. As the p value which we have calculated from our research is greater than the given value. So there is no scientific relation between fish likeliness as eating and the blood sugar level. P value for males come 0.42 which is greater than the standard value and similarly for the females it comes to be 0.79 which is also greater than the standard p value and at the end their combined p is also greater so we can conclude that there is no scientific relation between fish likeliness as eating and the blood sugar level.

Keywords : Fish likeliness , blood glucose level ,fingertip method.

INTRODUCTION:

The quantity of glucose which our blood carry is called blood sugar level or blood glucose level. Glucose is the form of sugar which is carried out in our blood and it comes from the food that we eat. The food we eat goes to our stomach by passing from esophagus where it is broken down into simple tiny particles which are formed by the enzymes and acids present in that area and cause the release of glucose and this glucose is transported to the whole by blood stream. The main source of energy for all types of cells is the glucose. Our cells and all other cells need energy and for this purpose insulin is used which causes the circulation of oxygen from our blood to the cells where it is used by the cells for energy and also its some amount is stored. However our body needs glucose in a normal or limited concentrations because its higher concentrations causes complications and is a cause of disease which is called diabetes in which the persons have higher concentrations of glucose than normal and it is mainly due to the lower production of insulin hormone in their bodies . The persons with diabetes have some symptoms such as weight loss , excessive thirst , hunger , fatigue and low immunity against diseases. Different people have different glucose concentrations which vary according to the food they eat . however the normal concentrations of glucose for a normal

person must be 100mg/dL not eating anything for almost eight hours and it should be less than 140mg/dL after eating almost 2 hours. However the low blood sugar level as compared to normal also causes problems and it damages our central nervous system and causes stress and other effects related to our nervous system . The low blood sugar concentration is known as hypoglycemia.

Fish has a great source of protein called omega-3 and it also provides vitamin D which are beneficial for making our bones strong and also have beneficial effects on our skin , eyes and also the nervous system. It also contain mercury which is to be risky for our health . However the beneficial effects of fish eating are dominating than there risks or disease causing effects. The people having diabetes are advised to eat fish because it reduces the blood glucose concentration. The people suffering from diabetes have lower concentration of vitamin D so by eating fish they can compensate vitamin D deficiency and can enjoy the normal healthy life pattern. However eating more fish than normal causes some allergic effects and the fish which is not properly cooked may cause food poisoning.

Materials and method:**Procedure for the measurement of blood glucose level (BGL):**

The process which is recommended for the measurement of sugar level in our blood is called sugar test. This test is used to identify the diabetes and the non-diabetic people can also use this test to know about their blood glucose level so that they can live a

normal healthy life. The most important thing that the sugar test tells us is that how to maintain our diet and exercise routines. And the conditions and treatment management of diabetic persons. For this test we have to fast about 12 hours and minimum 8 hours. The old method which were used are laboratory methods and were time consuming but the most common and easy to method and which we have use here is by fingertip in which a small needle whose medical name is lancet is inserted into our vein and a drop of blood is removed on the strip and this strip goes to a meter which shows the blood glucose concentration in just 15 seconds. The sugar test meter are easily available in our local pharmacy with strips. That is why we also called this home test. One thing that must be cared in this test that the strip must be changed for every person.

Project design:

This project was design by getting data from different persons in which 26 were males and almost 76 were female. A page was given to all of them and they put their information on this page. We collected these information and analysed our results by performing standard deviation and t. test.

Statistical analysis:

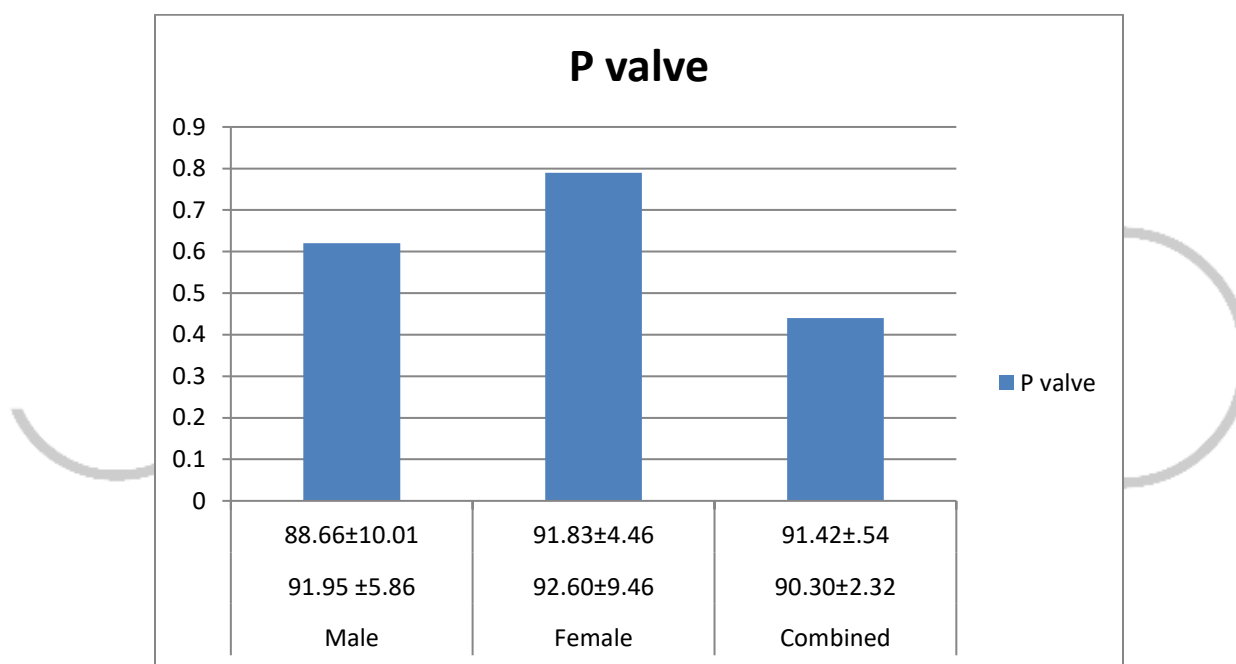
Statistical analysis were performed by using MS Excel. The value of standard deviation and and p value were calculated. The t test was performed. We have given the standard p value which is $p < 0.05$ considered as significant by which we have to compare the p value which we have measured by t test.

RESULTS:

Table.1 Show the results of Fish likeliness as eating by (Mean± Standard deviation) corresponding with blood glucose level.

Gender	Fish likeliness as eating	Fish dislikeliness as eating	P valve
Male	91.95 ±5.86	88.66±10.01	0.62
Female	92.60±9.46	91.83±4.46	0.79
Combined	90.30±2.32	91.42±.54	0.44

*p**<0.05 value is taken significantly.



Discussion:

As the p value which we have calculated from our research is greater than the given value. So there is no scientific relation between fish likeliness as eating and the blood sugar level. P value for males come 0.42 which is greater than the standard

value and similarly for the females it comes to be 0.79 which is also greater than the standard p value and at the end their combined p is also greater so we can conclude that there is no scientific relation between fish likeliness as eating and the blood sugar level.