

Abstract

The research question of my Extended Essay is:

“How is the blood glucose changing while fasting – a comparison between a diabetic and a non-diabetic male student.”

I am a diabetic and have in nine years learned to eat regularly and take insulin, and have never or at least on very few occasions skipped meals. But now I thought that it is time to explore what happens to the body, and the blood glucose when I don't get food. So I decided to fast and measure the blood glucose, in different combinations with insulin. I also asked a friend of mine, who is a non-diabetic, to do the same test and act as a reference.

My plan was to first take a blood glucose profile on an ordinary day, with normal dose insulin and food. And on the second day I would skip the insulin as long as I could, and on the final day, I would take as much insulin as I thought was necessary. The three experiments should not be in a serial.

The result really confused me. On the second day of the experiment, when I didn't take any insulin at all, the glucose level was actually almost perfect. So I decided to do the test again and found the same result.

I can say that I have come to learn a lot about my diabetes during the test, and found many interesting things for the future.

Word count: 240