

Trump defeat hypoglycemia syndrome - a case report

Tom Elliott, BCDiabetes, Vancouver Canada, 2020-Oct-29

The case is of a 73 year old widow, born in Budapest of Holocaust-surviving parents who came to Montreal via Halifax in the late 1950s. A life-long liberal, in 1972 she campaigned in Cincinnati in support of George McGovern's unsuccessful presidential bid during which her yellow Rambler was overturned and damaged by right-wing thugs.

Her medical history is notable for obesity (BMI 35) & long-standing Type 2 diabetes well-controlled for the last 5+ years on intensive insulin management. For the 12 months prior to 2020-Oct-20, a date two weeks prior to the 2020-Nov-3 US presidential election her Time In Range was 75% on insulin glargine 200 units once daily and insulin lispro 20 units with each meal. Around October 20 she began to have postprandial hypoglycemia at which time her insulin lispro was rapidly tapered and discontinued and her insulin glargine reduced to 60 units (Oct 29). Her total daily dose of insulin had thus fallen from 280 units to 60 units per day in the space of 8 days.

Throughout the months prior to 2020-Oct-20 her general health had been robust. In August 2020 she bought a treadmill and has been working out daily, her exercise routine having been stable for the last month and her weight not having changed. Her diet prior to the onset of hypoglycemia had not changed. Apart from hypoglycemia, she has no significant symptoms.

Other medications include: ramipril, amlodipine, metoprolol, rosuvastatin and furosemide (for edema).

In the absence of other obvious causes of hypoglycemia I propose the underlying mechanism to be the reversal of stress and anxiety-related hypercortisol/glucagon/growth hormone caused by euphoria in anticipation of a landslide defeat of the incumbent US President.

I suggest the phenomenon be named "Trump-defeat hypoglycemia syndrome" (TDHS) & caution my diabetology colleagues to be on the lookout for this new entity.