## **DIABETES & ALCOHOL**

#### DRINKING WITH DIABETES

BE SURE TO GET YOUR MEDICAL TEAM'S RECOMMENDATIONS ABOUT WHETHER DRINKING ALCOHOL IS SAFE FOR YOU.

CARRY IDENTIFICATION (MEDICAL ALERT BRACELET, WALLET CARD, ETC.) THAT SAYS YOU HAVE DIABETES.

### GLUCAGON <u>WILL NOT</u> HELP TREAT ALCOHOL-INDUCED HYPOGLYCEMIA.

AFTER I OR 2 DRINKS, YOUR LIVER'S PRIMARY FUNCTION IS CLEANING THE ALCOHOL FROM YOUR BLOOD, NOT PRODUC-ING AND RELEASING GLUCOSE. GLUCAGON WILL NOT WORK UNTIL YOUR LIVER IS FINISHED THIS PROCESS.

#### **4: KNOW YOUR DRINKS**

• KNOW LEVEL O • KNO DISTIL

• KNOW THE ALCOHOL LEVEL OF BEER AND WINES

• KNOW THE PROOF OF DISTILLED SPIRITS

• KNOW THE CARBOHYDRATES, JUICES, SODAS AND MIXERS

# **5 EDUCATE YOUR DRINKING BUDDIES**

YOUR DRINKING BUDDIES SHOULD HAVE A WORKING UNDER-STANDING OF TYPE I DIABETES. THEY SHOULD KNOW YOU HAVE DIABETES AND WHAT TO DO IN AN EMERGENCY. ESPECIALLY BECAUSE INTOXICATION CAN LOOK LIKE HYPOGLYCEMIA

## VI. EAT A SNACK

NEVER DRINK ON AN EMPTY STOMACH. ONCE YOU START DRINKING, YOUR LIVER WILL STOP PRODUCING GLUCOSE AND YOU'LL NEED IT FROM FOOD TO PREVENT HYPOGLYCEMIA.

BRING YOUR BLOOD TESTING KIT.

BRING GLUCOSE TAB-LETS OR GELS.

MAKE SURE YOUR DRINKING BUDDIES BOTH EXERCISE AND DRINKING LOWER BLOOD SUGAR LEVELS.

**EXERCISE** 

& ALCOHOL

DON'T MIX



(YOU KNOW WHY, JUST DO IT)

(PRO TIP: DANCING COUNTS AS EXERCISE!)

#### **TEN: AFTER THE PARTY**

REMEMBER ALCOHOL CAN <u>LOWER YOUR BLOOD SUGAR HOURS</u> <u>AFTER YOU'VE CONSUMED IT</u>. BEFORE YOU GO TO BED, CHECK YOUR BLOOD SUGAR AND <u>HAVE A SNACK</u> TO BE SAFE. IT YOU DRANK A LOT, CONSIDER SETTING <u>AN ALARM</u> TO WAKE YOU UP TO TEST YOUR BLOOD IN THE MIDDLE OF THE NIGHT.

**SOURCES:** HTTP://WWW.DLIFE.COM/DIABETES/LIFESTYLE/DIABETES\_ALCOHOL/ABOUT-DIABETES-AND-ALCOHOL; HTTP://WWW.EVERYDAYHEALTH.COM/TYPE-I-DIABETES/TYPE-I-DIABETES-AND-ALCOHOL.ASPX; HTTP://WWW.DLIFE.COM/DIABETES/LIFESTYLE/DIABETES\_ALCOHOL/ALCOHOL\_SAFETY; HTTP://WWW.HSPH.HARVARD.EDU/NUTRITIONSOURCE/WHAT-SHOULD-YOU-EAT/ALCOHOL-FULL-STORY/INDEX.HTML; HTTP://WWW.DIABETES.ORG/FOOD-AND-FITNESS/FOOD/WHAT-CAN-I-EAT/ALCOHOL.HTML