

How do illicit drugs affect your Diabetes control?



- Mental disturbances caused by such drugs may impair your decision making ability regarding your diabetes control
- Wrong dietary habits and non-compliance to medications / insulin may inappropriately increase or decrease your blood sugar levels
- You may get hypoglycemia unawareness
- Some illicit drugs may worsen the side effects of improper diabetes control, high blood pressure, heart attacks & strokes.

Alcohol usage

Various alcohol types contain different percentages of sugar and alcohol. So your blood sugar control may be affected by varying degrees. Due to the adverse side effects of alcohol, total abstinence is the medical advice. However, if you are a person who cannot adhere to that policy, you should remember the following facts. If you are a patient with type 1 diabetes, they would be especially applicable to you.



While drinking alcohol,

- Drink it slowly
- Use only soda or water to dilute alcohol



Alcohol consumption makes you more prone to get low sugar levels (hypoglycemia)

So avoid,

- Alcohol consumption when you are fasting
- Binge alcohol drinking
- Missing meals because of alcohol

If you are a patient with diabetes, it is essential to stop smoking...

Illicit drug usage

None of these drugs are safe to your health. Some of these drugs are illegal. Most of the illegal drugs contain harmful chemicals.

They are mainly divided into two categories.

1. Illicit drugs which suppress mental activity
Eg- alcohol, sleeping tablets

These drugs may impair the balance of your body, decision making ability, and awareness on time and space.

2. Illicit drugs which stimulate mental activity

Eg- cannabis, marijuana, ecstasy, heroin)

They will impair your mental perceptions on visual and auditory stimuli, cause hyperactivity and may interfere with how you take your routine diabetes medication.

