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## Chronic Illness Education 2023: Nontraditional Factors That Affect Blood Glucose: Things Diabetic Should Know

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# Nontraditional Factors That Affect Blood Glucose: Things Diabetic Should Know

Duncan D., Vlachos K., O'Hollaren K., Cameron R., Oska N., Alata H.

**Learning Community: Blue 5**

**Age Group: Adults (22 - 64)**

**Curriculum Tir-In: Endocrine**

**M3 Mentor: Trey Vanaken**



# Nontraditional Factors That Affect Blood Glucose

Having trouble managing your Diabetes?

Consider these factors when monitoring your blood glucose...



## Diabetes Management



Duncan D, Alata H, O'Hollaren K, Vlachos K, Cameron R, Oska N, Vanaken T

Wayne State University SOM

# Factors That Lower Blood Glucose

- Alcohol
- Hot and Humid Weather
- Menstruation
- Puberty
- Prolonged Periods at High Altitudes



# Factors That Raise Blood Glucose

- Sunburns
- Caffeine
- Dehydration
- Lack of Sleep
- Artificial Sweeteners
- Gingivitis
- Cold Weather
- Nicotine
- Viral Infections
- Stress
- Decongestants



# Summary

- This project has allowed us to gain a deeper appreciation for the everyday impact that having a chronic disease has on a patient such as one with diabetes. By diving deeper into the nontraditional factors that affect a patient's blood glucose, we hope to alleviate some of the spontaneous changes that can arise without knowledge on these lesser known causes. Potentially, this infographic can serve as a convenient tool for patients and physicians to utilize so that there is better cohesion between their interaction while focusing on larger problems rather than educating on less common factors.
- A big focus of ours was on patients that come from a place of lower socioeconomic status, whose one on one clinic time with their care-provider is often severely (and unfairly) limited. For such patients, we hope that our infographic can also serve as a resource to help establish and expedite an effective line of communication with their provider. This way, they can be better equipped to manage their health.

