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What About Alcohol and Diabetes? - English

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What About Alcohol and Diabetes? - English

Description

This one page handout discusses the effects of drinking alcohol on diabetes.

Keywords

alcohol, diabetes

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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What about alcohol and diabetes?

Most people with diabetes can drink alcohol safely but there are some risks.



- Sometimes alcohol can make your blood sugar go way up.
- But sometimes it can make your blood sugar go too far down and you could faint.



To be safe:

- Ask your doctor or nurse if it is safe for you to drink alcohol.
- Do not drink alcohol on an empty stomach.



Men no more than **2** alcohol drinks in 1 day



Women no more more than **1** alcohol drink in 1 day



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