

how drugs can affect your diabetes

alcohol

- Blocks the liver's ability to produce glycogen - puts you at risk for **hypoglycemia**
- The risk of low blood glucose levels can last up to **24 hours** after consuming alcohol
- Alcohol blunts your ability to recognize hypoglycemia and manage your diabetes

marijuana

- Can lower your blood glucose --> **hypoglycemia**
- Causes problems with memory, concentration, perception, and coordination - can affect how you manage your diabetes
- Increases appetite - can cause overeating and **hyperglycemia**
- Heavy or prolonged use can increase the risk of **diabetic ketoacidosis (DKA)**
- It is safer to smoke marijuana than to drink alcohol

tobacco

- Causes your **blood vessels to constrict**
- Can increase the risk of limb amputation
- Puts you at an even greater risk for **heart diseases, heart attack, and stroke**
- Increased risk for vision problems, lung disease, cancer, and reduced blood sugar control
- Remember, whether you are smoking, vaping, or juuling, it is all nicotine and **has the same effect on your diabetes**

depressants

- Include: alcohol, cannabis, benzodiazepines, , barbiturates, and opioids
- Slow the central nervous system
- Alter **eating habits** - impacts blood sugar
- Alter **hormone production** - also impacts blood sugar levels
- Cause drowsiness and confusion - can lead to forgetting to take insulin
- Opioids **increase the concentration of glucagon** - leads to high blood sugar levels and makes blood sugar levels harder to control

hallucinogens

- Include: LSD, PCP, magic mushrooms, ketamine, datura, and morning glory seeds
- Cause distorted hearing, vision, and thinking as well as emotional changes, confusion, memory loss, and problems concentrating. All of these can impact how you manage your diabetes

stimulants

- Include: amphetamine, methamphetamine, and cocaine
- Cause the body to break down carbs faster than usual --> **low blood sugar**
- Alter mental processes, so you may not recognize your low blood sugar
- Loss of appetite --> **hypoglycemia**
- Can make you feel like you can engage in long periods of physical activity without a break - can lead to **ketoacidosis**
- Cocaine causes blood vessels to constrict, increasing blood pressure.
- Methamphetamines alter insulin activity and hormone production --> **hyperglycemia**

what can I do?

If you choose to use any of these drugs, here are some helpful tips:

1

Be aware of altered perception

Remember that your perception may be inaccurate and you may not be able to recognize if your blood glucose levels are too low or too high

2

Check your blood glucose levels frequently

because your perception is altered, make sure you are checking your blood sugar regularly to ensure you are in a safe range

3

Keep your equipment nearby

this serves as a reminder and makes it convenient to test your blood glucose levels frequently

4

Take the right amount of insulin

because some drugs can cause an increase in appetite, it is important to give yourself insulin for the food you plan to consume
Note: Don't forget to consider what form of marijuana you are using – edibles contain carbohydrates so you will need insulin!

5

Have a buddy

make sure you are with someone who you can trust and who knows about your diabetes

Sources:

Marijuana and Type 1 Diabetes. (n.d.). Retrieved November 19, 2018, from <https://beyondtype1.org/marijuana-and-type-1-diabetes/>
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