

Marijuana and 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**

If you choose to use marijuana, 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 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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