

ALCOHOL and DM

It is wise for you to discuss with your doctor whether you as an individual may drink alcohol



Be aware

- Alcohol is high in kilojoules (calories) and so will make it hard to lose weight
- Excessive alcohol intake **will** cause damage **to** the liver, pancreas, brain and heart
- Excess alcohol can increase blood fats (triglycerides) and increase the blood pressure

For those taking tablets or insulin to treat their DM:

- Alcohol often lowers blood glucose levels because it stops the liver releasing glucose into the blood stream. This can cause hypoglycaemia (low blood glucose level)
- Eat some carbohydrate while drinking alcohol to avoid **hypos**

Basic guidelines

If you intend to drink alcohol after having discussed this with your doctor, **you** should follow the following guidelines:

- Never drink alcohol **on** an empty stomach
 - Never substitute alcohol for food because although alcohol **contains** kilojoules, it **is** a poor food source
 - Have at least 2-3 days alcohol free each week
 - If you drink alcohol, aim for 2 standard drinks or less on any **one** day. 1 standard drink could be: 1 middy beer (300ml) **or** 1 schooner low alcohol beer (450ml) **or** 1 nip spirits (30ml) **or** 1 medium glass dry wine (120ml)
 - Use low-joule/diet drinks to mix with spirits, eg Diet Cola or mineral water
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