

INFORMATION ABOUT DM

SOUTH WESTERN SYDNEY AREA HEALTH SERVICE

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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