



Diabetes: it's in my hands



Alcohol and diabetes

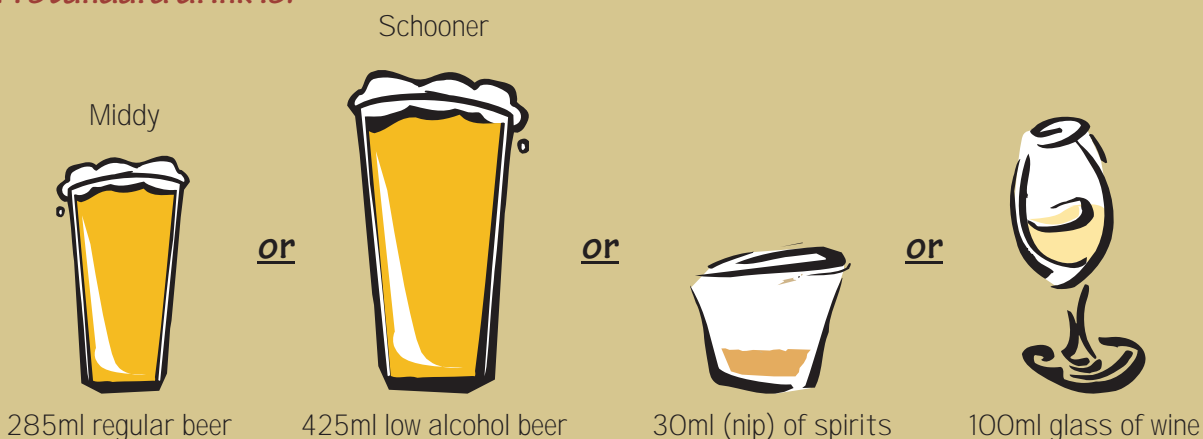
- Alcohol can cause problems with your blood glucose (sugar) levels.
- Alcohol and diabetes tablets or insulin can cause hypos (low blood glucose).
- Alcohol can make you forget to eat or to take your medications or insulin.
- Alcohol is very high in calories and can make you put on weight.

Don't drink alcohol every day. Try to go at least two days a week without alcohol.

Be Alcohol Smart

- If you drink beer, choose a low strength or light/lite beer.
- After a glass of alcohol have a glass of water.
- Use low kilojoule mixers like diet cola.
- Don't drink on an empty stomach. Eat something first like crackers or bread.
- Men should keep to less than two standard drinks a day.
- Women should keep to less than two standard drinks per day.

A standard drink is:



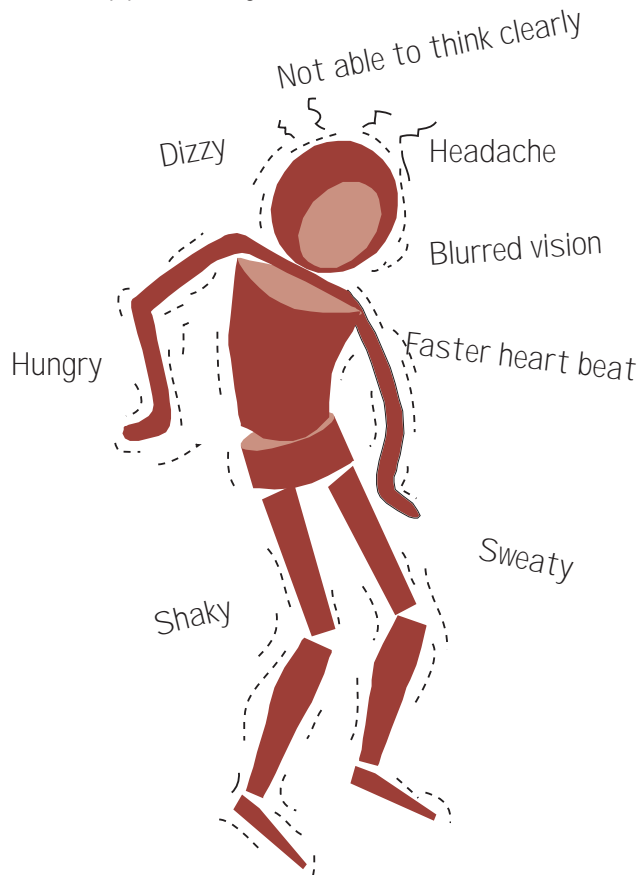
It is easy to be wrong about how much is a standard drink. Check the label on the bottle of wine or beer for the number of standard drinks it contains.

Tips for drinking less alcohol

- Drink water or diet soft drink before drinking any alcohol so that you're not thirsty.
- Sip alcohol slowly.
- Drink water or diet soft drink between each alcoholic drink.
- Dilute alcohol, like making a beer shandy by mixing beer with low kilojoule lemonade, or diluting wine with soda water.
- Drink low alcohol beer.

How can I avoid alcohol-related 'hypos'?

Hypos (low blood glucose levels) are more likely in people who take insulin or certain diabetes medication. Ask your health worker if this applies to you.



- Don't drink excessive amounts of alcohol. The more you drink the more you risk having a hypo.
- When drinking alcohol always tell someone that you have diabetes.
- Don't drink alcohol on an empty stomach.
- Make sure you eat carbohydrate foods before and while drinking alcohol, like potato or rice or pasta or bread.
- While drinking alcohol, especially in the evening, always eat a carbohydrate snack before you go to bed and eat breakfast as soon as you wake up in the morning.
- Test your blood glucose level before you go to bed.
- Always carry some carbohydrate such as jellybeans in case of a hypo.
- Don't drink alcohol after vigorous exercise.
- Always wear some form of diabetes identification.



Diabetes Australia-NSW:

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Websites: www.diabetesnsw.com.au

www.diabeteskidsandteens.com.au

www.diabeteschannel.com.au

www.diabetesdirect.com.au



"Hands on Country"

This painting was created for Diabetes Australia-NSW by artist Chris Tobin, a Dharug man, and a traditional custodian in the Blue Mountains region. In the artist's words: "The central part of this painting represents the relationship of the clan - it's a unity of people looking out for each other while living independent lives."