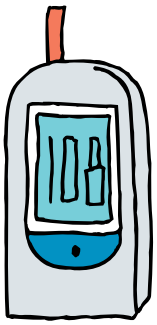
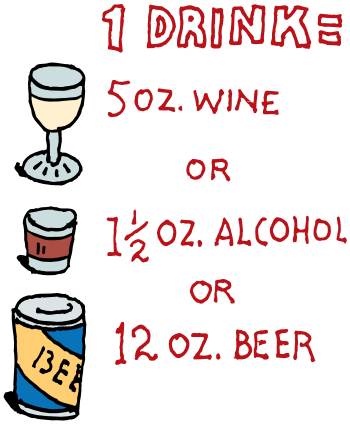
ALCOHOL AND DIABETES



Drinking alcohol may be OK if you can answer YES to the following:

	YES	NO
1. My blood sugar is under good control	✓	
2. I know how to avoid (prevent) and treat low blood sugar	✓	
3. My doctor or the diabetes clinic says it is OK to drink alcohol	✓	



How much can I drink?

One drink a day for men and women. Two drinks a day for men (only men) may also be OK.

How to drink alcohol:

- Drink with a meal or with foods high in carbohydrate
- Drink slowly and don't drink alone
- Check your blood sugar often
- Always have a low blood sugar snack handy
- Make sure someone with you knows you have diabetes

If you drink, remember:

Alcohol can cause a sudden drop in blood sugar, especially in type 1 diabetes. There may be no warning. You could even pass out.

Summary:

If you don't drink alcohol now, don't start. No one needs to drink alcohol. If you do drink alcohol, it is always best to drink only a small amount.

Talk to your doctor

or diabetes educator for more information.

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